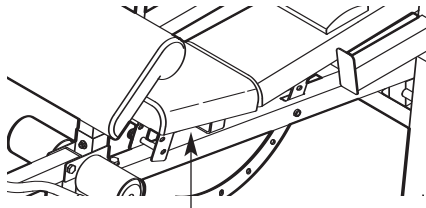


GOLD'S GYM® GR7000

Model No. GGBE6974.1

Serial No. _____

Write the serial number in the space above for future reference.



Serial Number Decal (Under Seat)

USER'S MANUAL

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if parts are missing, **PLEASE DO NOT CONTACT THE STORE;** please contact Customer Care.

IMPORTANT: You must note the product model number and serial number (see the drawing above) before contacting us:

CALL TOLL-FREE:

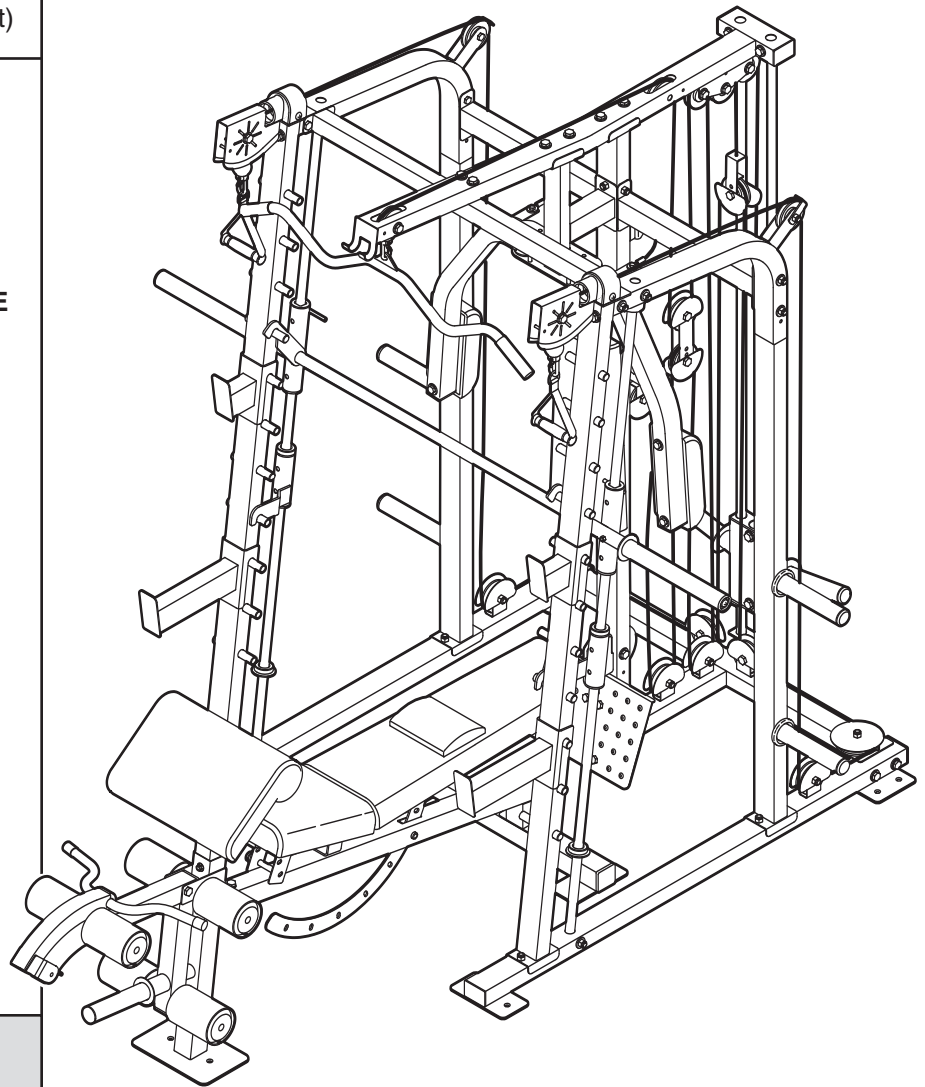
1-877-776-4777

Mon.–Fri. 6 a.m.–6 p.m. MST

Sat. 8 a.m.–4 p.m. MST

ON THE WEB:

www.goldsgympowerflex.com



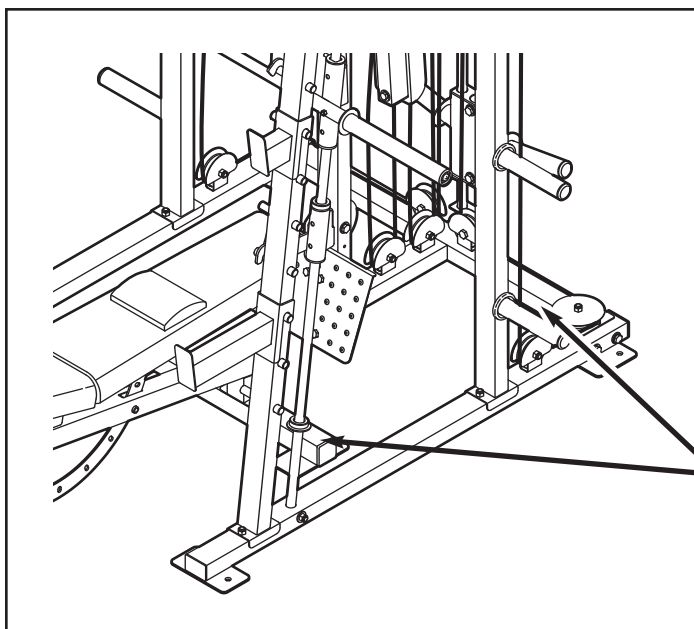
CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

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WARNING DECAL PLACEMENT



The diagram shows a side view of a gym machine's frame and pulley system. A callout line points from a warning decal box to a specific location on the machine's frame.

The decal shown here has been applied in the indicated locations. **If a decal is missing or illegible, call the telephone number on the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decal may not be shown at actual size.

▲ WARNING

- Misuse of this machine may result in serious injury.
- Read user's manual prior to use and follow all warnings and instructions.
- Do not allow children on or around machine.
- Keep body, clothing, and hair free and clear of all moving parts.
- Replace label if damaged, illegible, or removed.

GOLD'S GYM is a registered trademark of Gold's Gym International, Inc. This product is manufactured and distributed under license from Gold's Gym Merchandising, Inc.

IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on the weight bench before using the weight bench. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of the weight bench.

1. Before beginning any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.
2. Use the weight bench only as described in this manual.
3. It is the responsibility of the owner to ensure that all users of the weight bench are adequately informed of all precautions.
4. The weight bench is intended for home use only. Do not use the weight bench in any commercial, rental, or institutional setting.
5. Keep the weight bench indoors, away from moisture and dust. Place the weight bench on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around the weight bench to mount, dismount, and use the weight bench.
6. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
7. Keep children under age 12 and pets away from the weight bench at all times.
8. Keep hands and feet away from moving parts.
9. Always wear athletic shoes for foot protection while exercising.
10. Make sure that the cables remain on the pulleys at all times. If the cables bind as you are exercising, stop immediately and make sure that the cables are on the pulleys. Replace all cables at least every two years.
11. Always set both spotters, both weight rests, and both safety spotters at the same height.
12. The weight bench is designed to support a maximum user weight of 300 lbs. (136 kg). Do not place more than 310 lbs. (140 kg) on the weight bar. Do not place more than 310 lbs. (140 kg), including a barbell, on the weight rests. Do not place more than 150 lbs. (68 kg) on the weight carriage or the leg lever. Note: The weight bench does not include a barbell or weights.
13. Always place an equal amount of weight on each side of the weight carriage, weight bar, or barbell.
14. Always exercise with a partner. Your partner should be ready to catch the barbell if you cannot complete a repetition.
15. Always lower the weight carriage and the weight bar in a controlled manner; never let the weight carriage or the weight bar drop.
16. Always remove the lat bar when performing an exercise that does not require the use of the lat bar.
17. Always move the bench out of the way when performing an exercise that does not require the bench.
18. Always make sure that the seat pin is fully engaged before using the backrest.
19. If you feel pain or dizziness while exercising, stop immediately and begin cooling down.

BEFORE YOU BEGIN

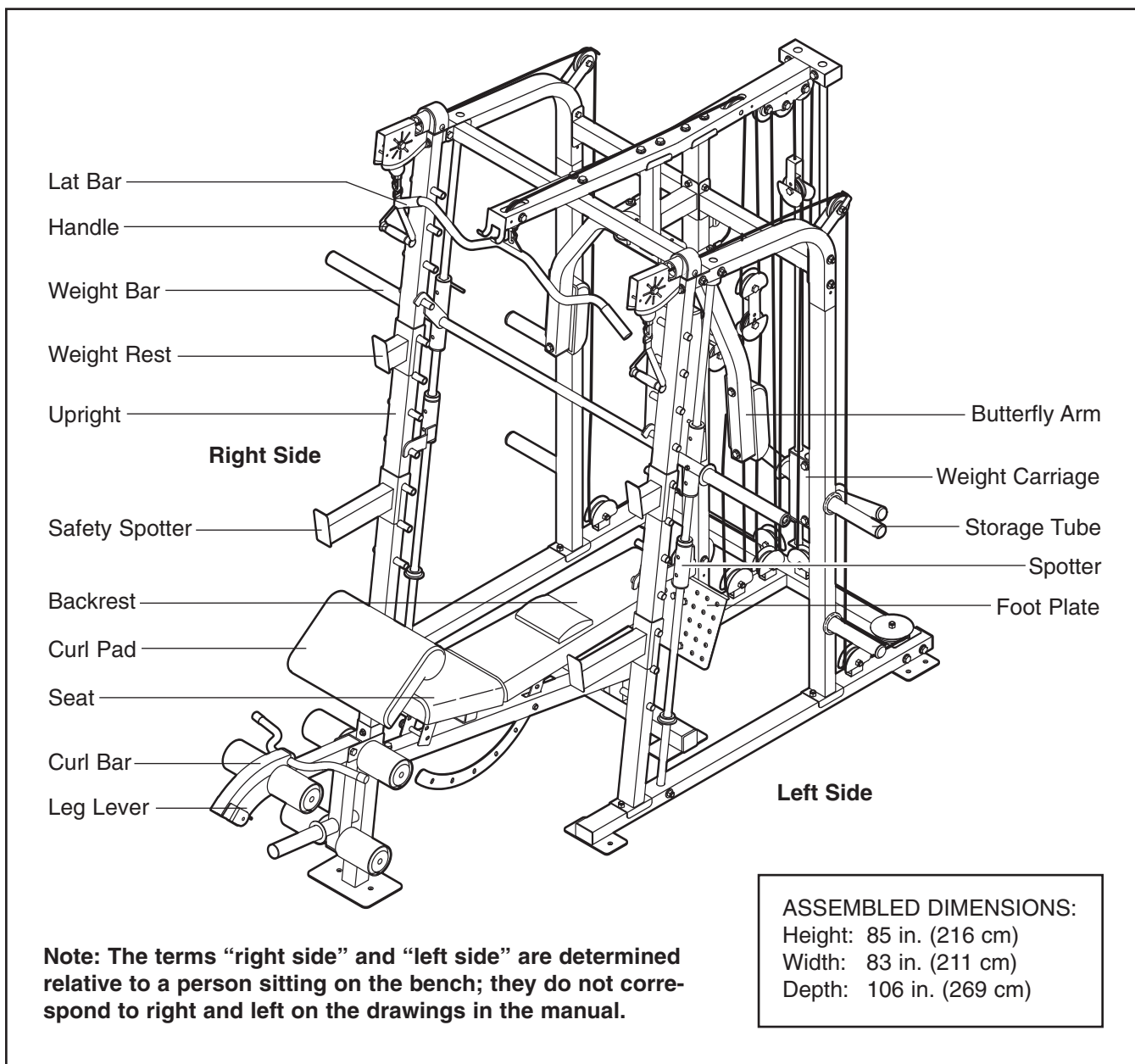
Thank you for selecting the versatile GOLD'S GYM® GR 7000 weight bench. The weight bench offers a selection of weight stations designed to develop every major muscle group of the body. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the weight bench will help you to achieve the specific results you want.

For your benefit, read this manual carefully before using the weight bench. If you have questions after reading this manual, please see the front cover of this

manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

To avoid a registration fee for any service needed under warranty, you must register the weight bench at www.goldsgympowerflex.com/registration.

Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.

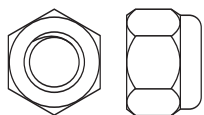


Note: The terms “right side” and “left side” are determined relative to a person sitting on the bench; they do not correspond to right and left on the drawings in the manual.

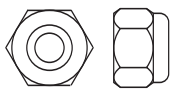
ASSEMBLED DIMENSIONS:
Height: 85 in. (216 cm)
Width: 83 in. (211 cm)
Depth: 106 in. (269 cm)

PART IDENTIFICATION CHART

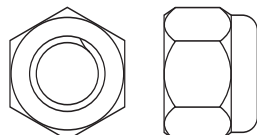
Refer to the drawings below to identify small parts used in assembly. The number in parentheses by each drawing is the key number of the part, from the PART LIST in the center of this manual. **Note: Some small parts may have been preattached. If a part is not in the hardware kits, check to see if it has been preattached.**



M8 Nylon Locknut (78)



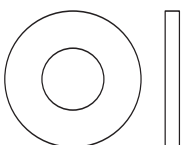
M6 Nylon Locknut (80)



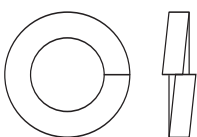
M10 Nylon Locknut (79)



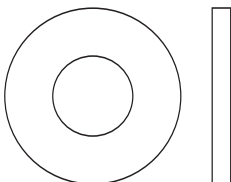
M6 Washer (86)



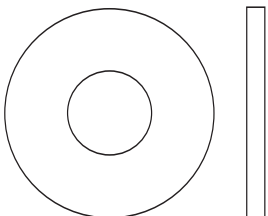
M8 Washer (94)



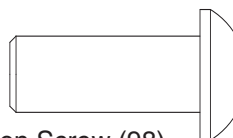
M10 Split Washer (93)



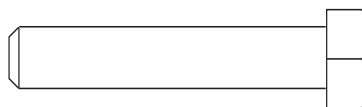
M10 Washer (84)



M10 Large Washer (76)



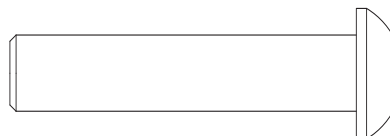
M10 x 25mm Button Screw (98)



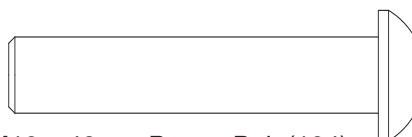
M8 x 42mm Hex Bolt (130)



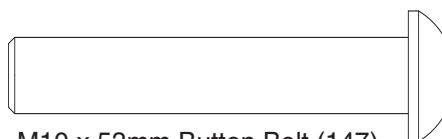
M10 x 42mm Button Bolt (96)



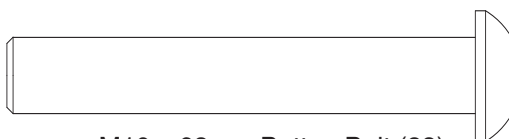
M10 x 46mm Button Bolt (100)



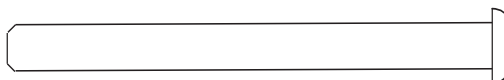
M10 x 49mm Button Bolt (104)



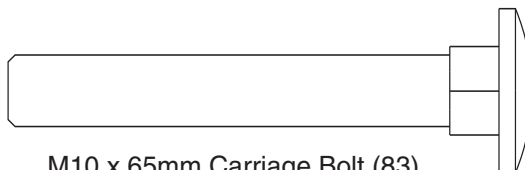
M10 x 53mm Button Bolt (147)



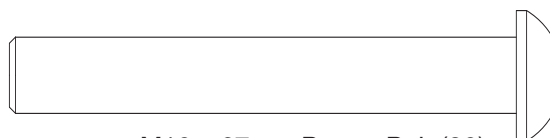
M10 x 62mm Button Bolt (88)



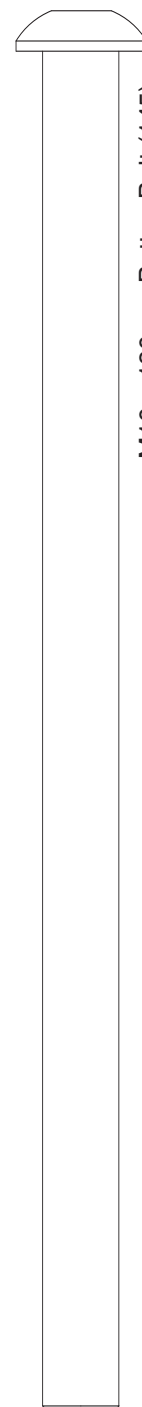
M6 x 64mm Screw (89)



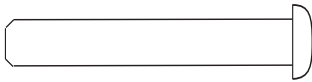
M10 x 65mm Carriage Bolt (83)



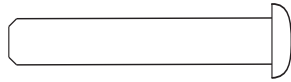
M10 x 67mm Button Bolt (90)



M10 x 180mm Button Bolt (145)



M6 x 38mm Screw (146)



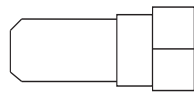
M6 x 35mm Screw (149)



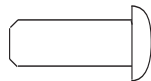
M8 x 20mm Hex Screw (21)



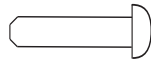
M10 x 19mm Button Bolt (77)



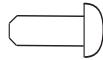
M8 x 19mm Shoulder Bolt (85)



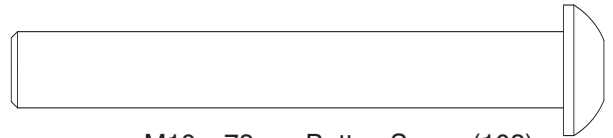
M6 x 16mm Screw (148)



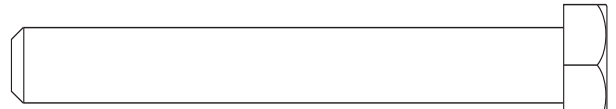
M4 x 16mm Screw (82)



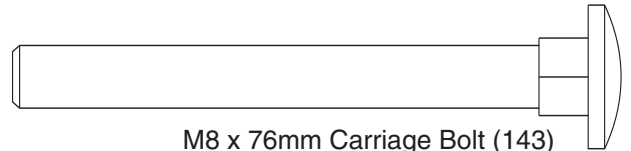
M4 x 10mm Screw (95)



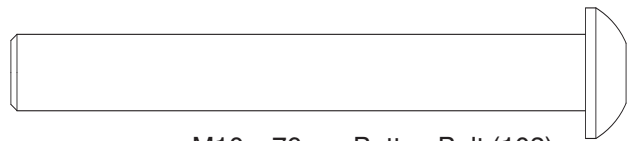
M10 x 73mm Button Screw (103)



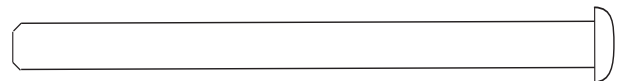
M10 x 73mm Hex Bolt (105)



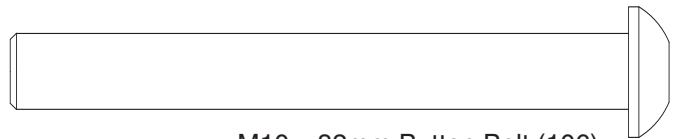
M8 x 76mm Carriage Bolt (143)



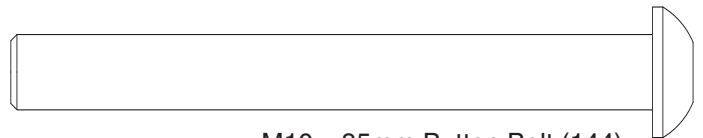
M10 x 76mm Button Bolt (102)



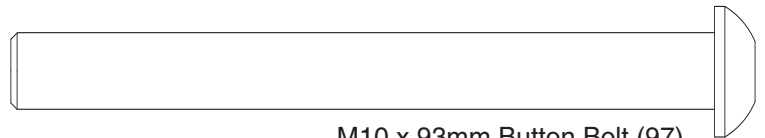
M6 x 77mm Screw (87)



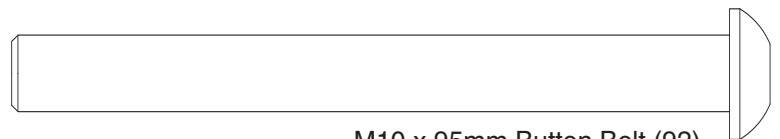
M10 x 82mm Button Bolt (106)



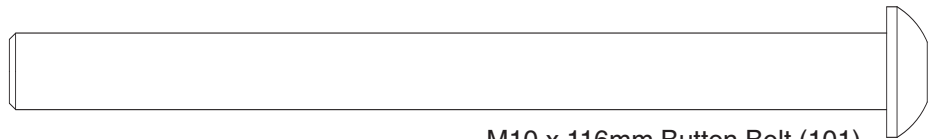
M10 x 85mm Button Bolt (144)



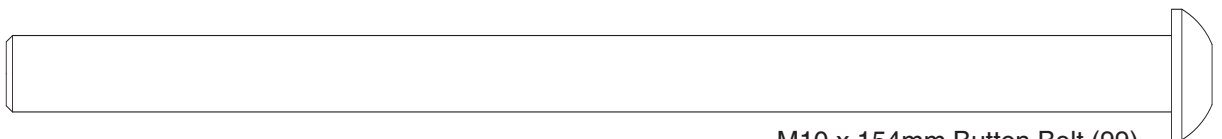
M10 x 93mm Button Bolt (97)



M10 x 95mm Button Bolt (92)



M10 x 116mm Button Bolt (101)



M10 x 154mm Button Bolt (99)


ASSEMBLY

Make Assembly Easier


Everything in this manual is designed to ensure that the weight bench can be assembled successfully by almost anyone. By setting aside plenty of time, assembly will go smoothly.


Before beginning assembly, carefully read the following information and instructions:

- To hire an authorized service technician to assemble the weight bench, call 1-800-445-2480.
- Assembly requires two persons.
- Because of its size, the weight bench should be assembled in the location where it will be used. Make sure that there is enough clearance to walk around the weight bench as you assemble it.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

- For help identifying small parts, use the PART IDENTIFICATION CHART on pages 5 and 6.
- As you assemble the weight bench, make sure all parts are oriented as shown in the drawings.
- Tighten all parts as you assemble them, unless instructed to do otherwise.
- Assembly requires the included hex key(s)  and the following tools (not included):

two adjustable wrenches 

one rubber mallet 

one standard screwdriver 

one Phillips screwdriver 

Assembly may be more convenient if you have a socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

1.

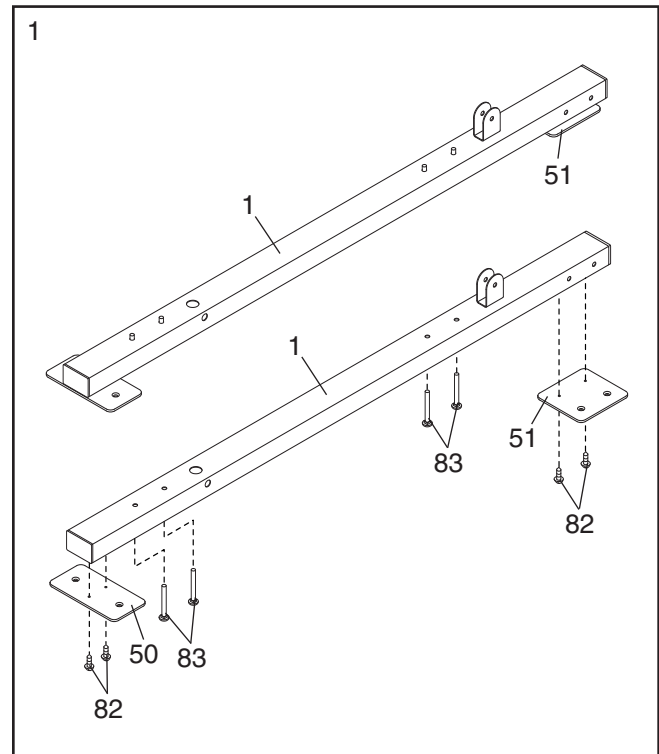
Before beginning assembly, make sure that you understand the information in the box above.

Attach a Small Foot Plate (50) to a Base (1) with two M4 x 16mm Screws (82).

Orient a Large Foot Plate (51) as shown. Attach the Large Foot Plate to the Base (1) with two M4 x 16mm Screws (82).

Insert four M10 x 65mm Carriage Bolts (83) up through the Base (1). Place a piece of tape over the bolt heads to hold them in place.

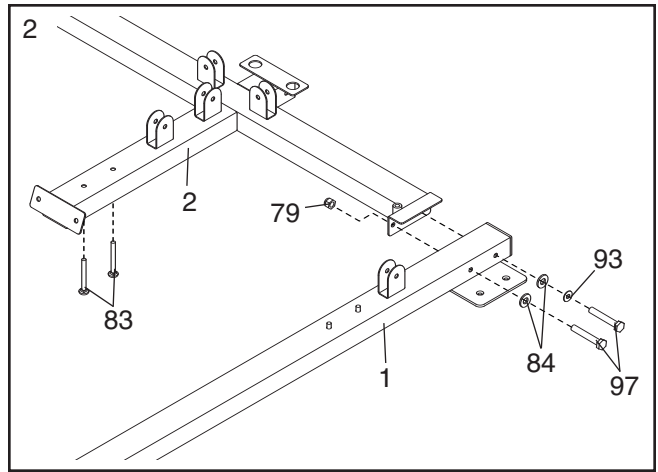
Repeat this step with the other Base (1). Note the orientation of the Large Foot Plate (51).



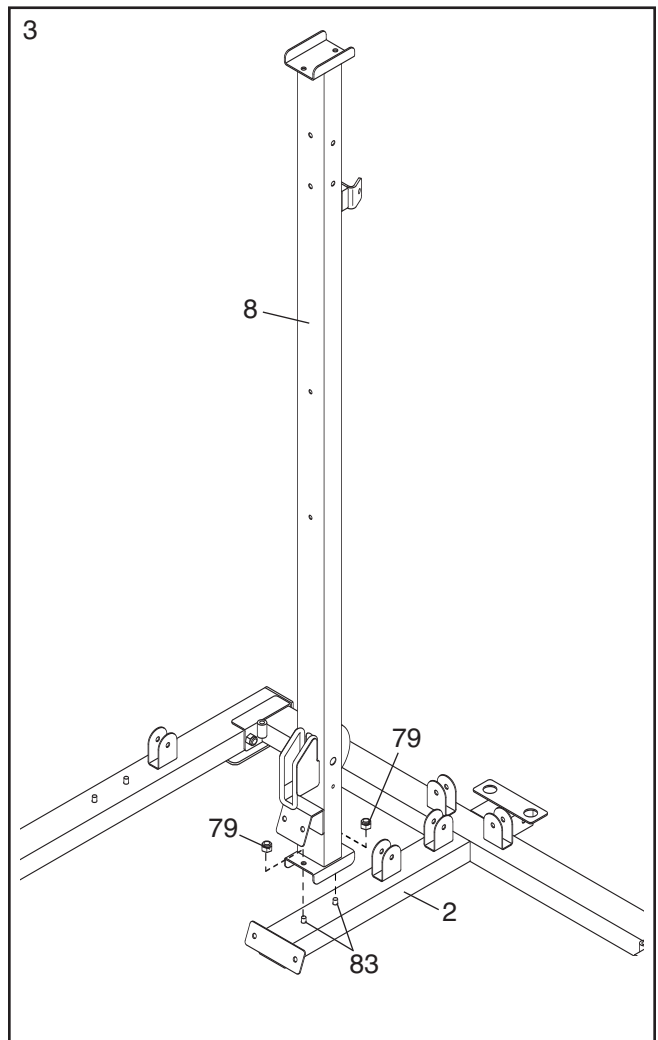
2. Insert two M10 x 65mm Carriage Bolts (83) up through the Center Base (2). Place a piece of tape over the bolt heads to hold them in place.

Attach a Base (1) to the Center Base (2) with two M10 x 93mm Button Bolts (97), an M10 Split Washer (93), two M10 Washers (84), and an M10 Nylon Locknut (79). **Do not tighten the Button Bolts yet.**

Attach the other Base (not shown) to the Center Base (2) in the same manner.



3. Attach the Backrest Upright (8) to the Center Base (2) with the indicated two M10 x 65mm Carriage Bolts (83) and two M10 Nylon Locknuts (79). **Do not tighten the Nylon Locknuts yet.**



- Attach the Left Support (6) to the left Base (1) with the indicated two M10 x 65mm Carriage Bolts (83) and two M10 Nylon Locknuts (79). **Do not tighten the Nylon Locknuts yet.**

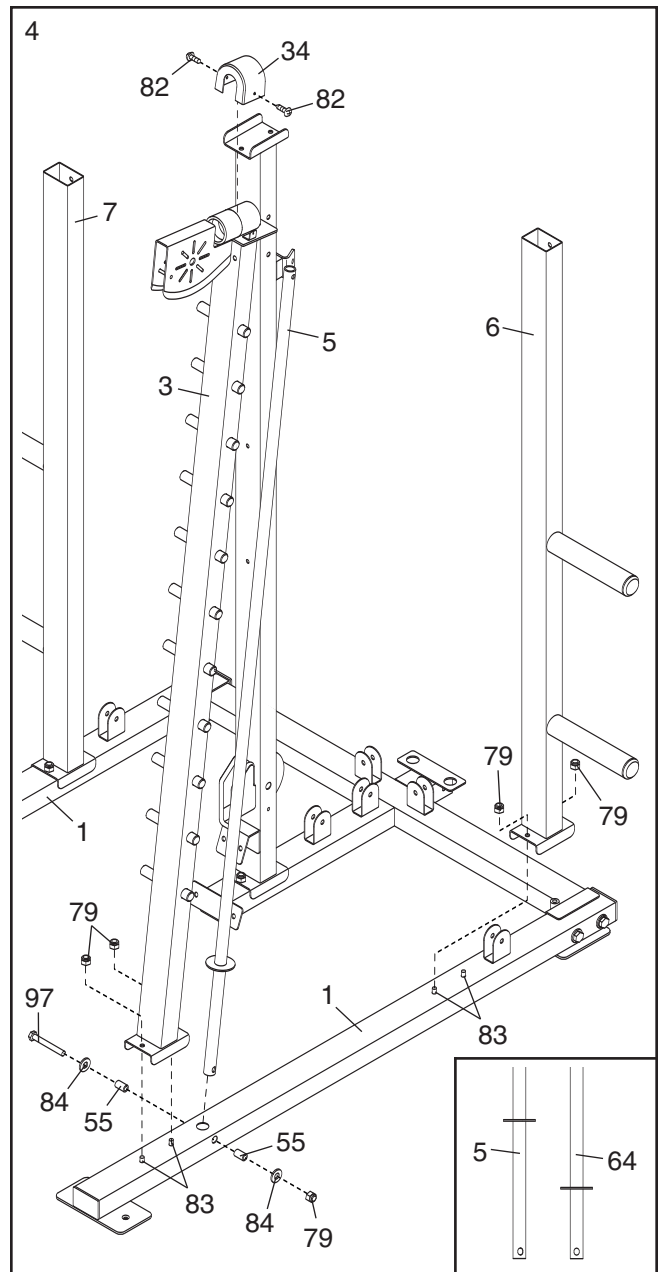
Attach an Upright Cap (34) to the Left Upright (3) with two M4 x 16mm Screws (82).

Attach the Left Upright (3) to the Base (1) with the indicated two M10 x 65mm Carriage Bolts (83) and two M10 Nylon Locknuts (79). **Do not tighten the Nylon Locknuts yet.**

See the inset drawing. Identify the Guide Rods (5) and the Carriage Guides (64).

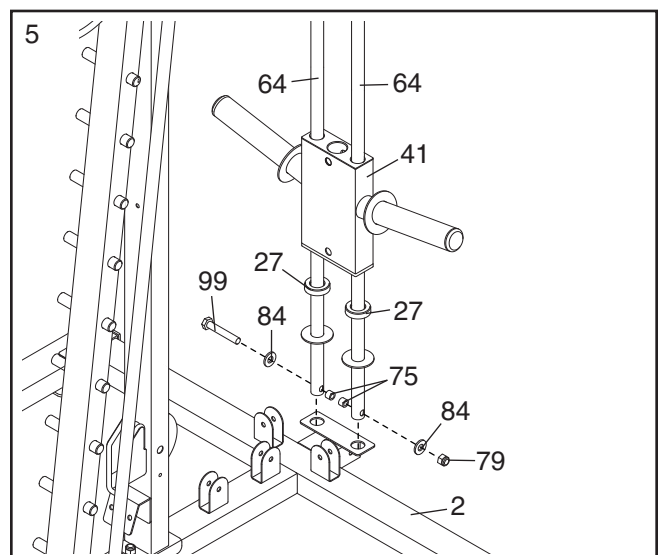
Attach a Guide Rod (5) to the Base (1) with an M10 x 93mm Button Bolt (97), two M10 Washers (84), two 25mm Spacers (55), and an M10 Nylon Locknut (79). **Do not tighten the Nylon Locknut yet.**

Repeat this step with the Right Support (7), the Right Upright (not shown), the other Guide Rod (not shown), and the other Base (1).



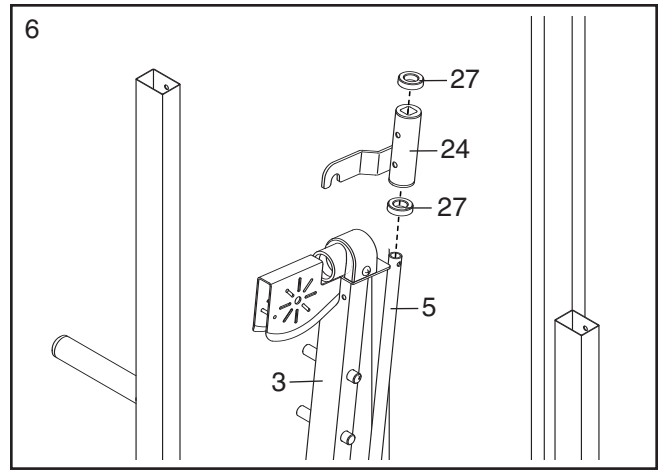
- Orient the two Carriage Guides (64) with the rings near the bottom. Attach the Carriage Guides to the Center Base (2) with an M10 x 154mm Button Bolt (99), two M10 Washers (84), two 6mm Spacers (75), and an M10 Nylon Locknut (79). **Do not tighten the Nylon Locknut yet.**

Slide two Guide Bumpers (27) onto the Carriage Guides (64). Slide the Weight Carriage (41) onto the Carriage Guides as shown.



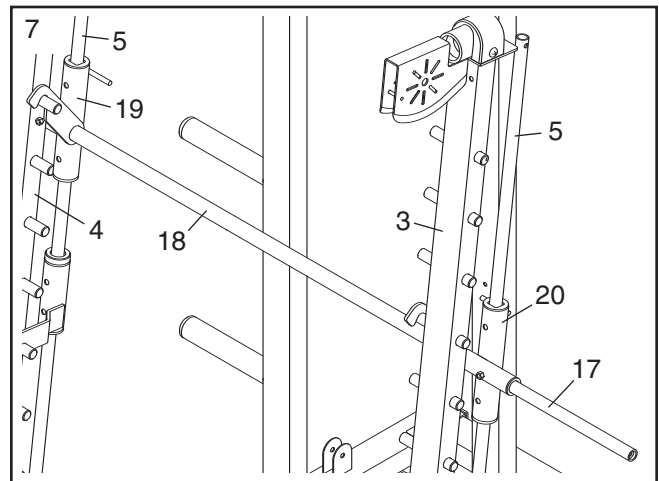
6. Orient the Left Spotter (24) as shown. Slide the Left Spotter and two Guide Bumpers (27) onto the left Guide Rod (5). Then, engage the Left Spotter onto the Left Upright (3).

Repeat this step with the Right Spotter (not shown) and the right Guide Rod (not shown).



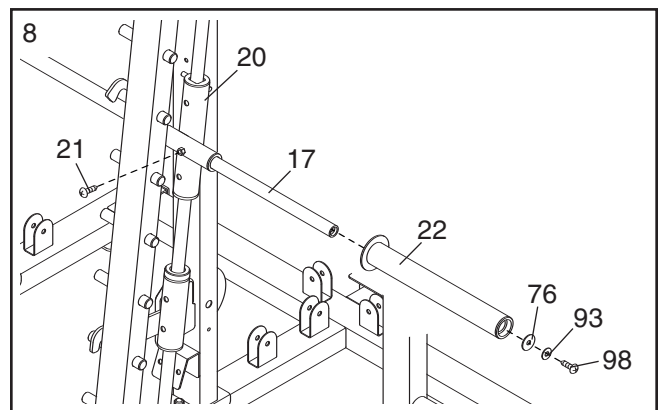
7. Slide the Right Guide (19) and the Left Guide (20) onto the Guide Rods (5).

Slide the Weight Bar (17) through the Left Guide (20), the Locking Bar (18), and the Right Guide (19). Engage the Locking Bar onto the Uprights (3, 4).



8. Attach a Barbell Adapter (22) to one end of the Weight Bar (17) with an M10 x 25mm Button Screw (98), an M10 Split Washer (93), and an M10 Large Washer (76). **Repeat this step on the other end of the Weight Bar.**

Tighten an M8 x 20mm Hex Screw (21) into the Left Guide (20). **Repeat this step with the Right Guide (not shown).**

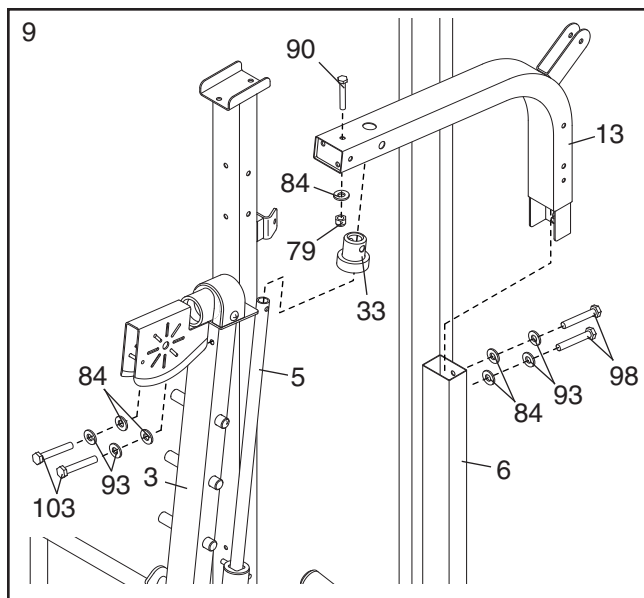


- Insert a Side Rod Cap (33) into a Side Top Frame (13). Set the Top Frame onto the left Guide Rod (5) and insert it into the Left Support (6).

Attach the Side Top Frame (13) to the Left Upright (3) and the Left Support (6) with two M10 x 73mm Button Screws (103), two M10 x 25mm Button Screws (98), four M10 Split Washers (93), and four M10 Washers (84). **Do not tighten the Button Screws yet.**

Insert an M10 x 67mm Button Bolt (90) through the Left Upright (3) and the Side Top Frame (13). Hand tighten an M10 Washer (84) and an M10 Nylon Locknut (79) onto the Button Bolt.

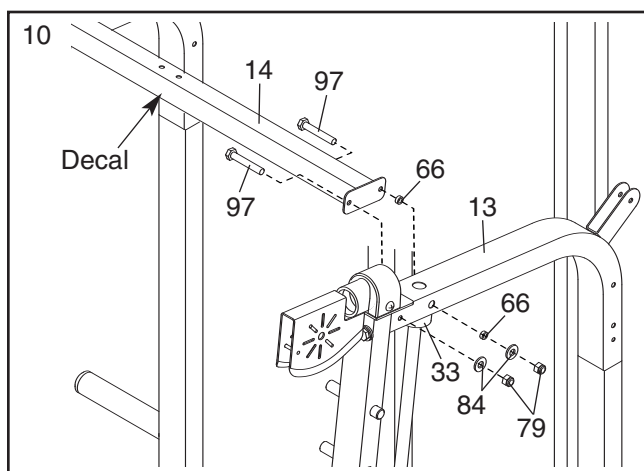
Repeat this step with the other Side Top Frame (13) and the right side of the weight rack.



- Orient the Center Top Frame (14) with the decal in the position shown. **Make sure that the Rod Cap (33) is inside of the left Side Top Frame (13).**

Attach the Center Top Frame (14) to the Side Top Frame (13) with two M10 x 93mm Button Bolts (97), two 17mm Spacers (66), two M10 Washers (84), and two M10 Nylon Locknuts (79). **Do not tighten the Nylon Locknuts yet.**

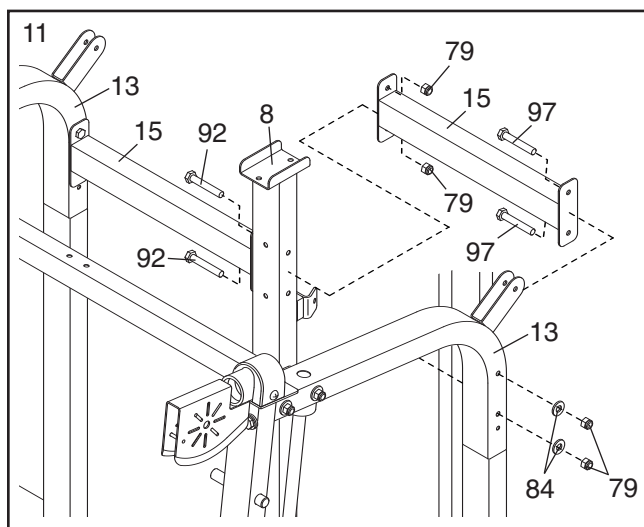
Repeat this step with the right Side Top Frame (not shown).



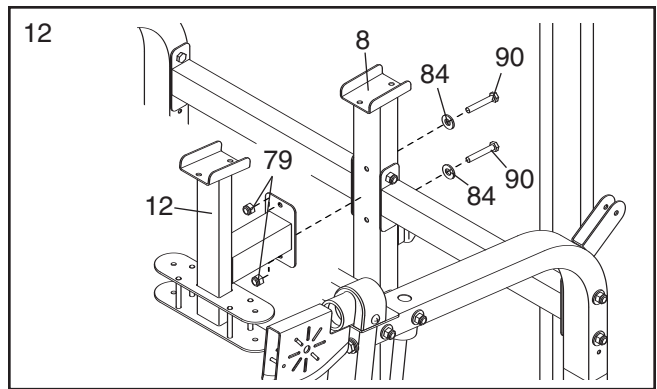
- Attach a Support Frame (15) to the left Side Top Frame (13) with two M10 x 93mm Button Bolts (97), two M10 Washers (84), and two M10 Nylon Locknuts (79). **Do not tighten the Nylon Locknuts yet.**

Attach the other Support Frame (15) to the right Side Top Frame (13) in the same manner.

Attach the two Support Frames (15) to the Backrest Upright (8) with two M10 x 95mm Button Bolts (92) and two M10 Nylon Locknuts (79). **Do not tighten the Nylon Locknuts yet.**

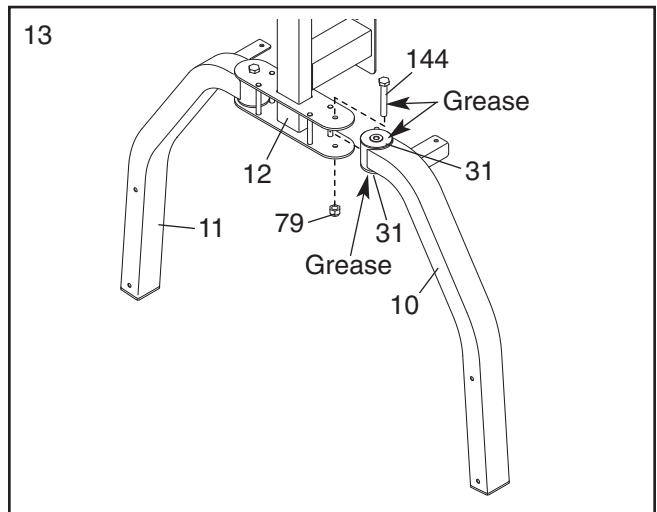


12. Attach the Butterfly Frame (12) to the Backrest Upright (8) with two M10 x 67mm Button Bolts (90), two M10 Washers (84), and two M10 Nylon Locknuts (79). **Do not tighten the Nylon Locknuts yet.**



13. Apply some of the included grease to an M10 x 85mm Button Bolt (144) and the two Arm Bushings (31) in the Left Arm (10). Attach the Left Arm to the Butterfly Frame (12) with the Button Bolt and an M10 Nylon Locknut (79). **Do not overtighten the Nylon Locknut; the Left Arm must pivot easily.**

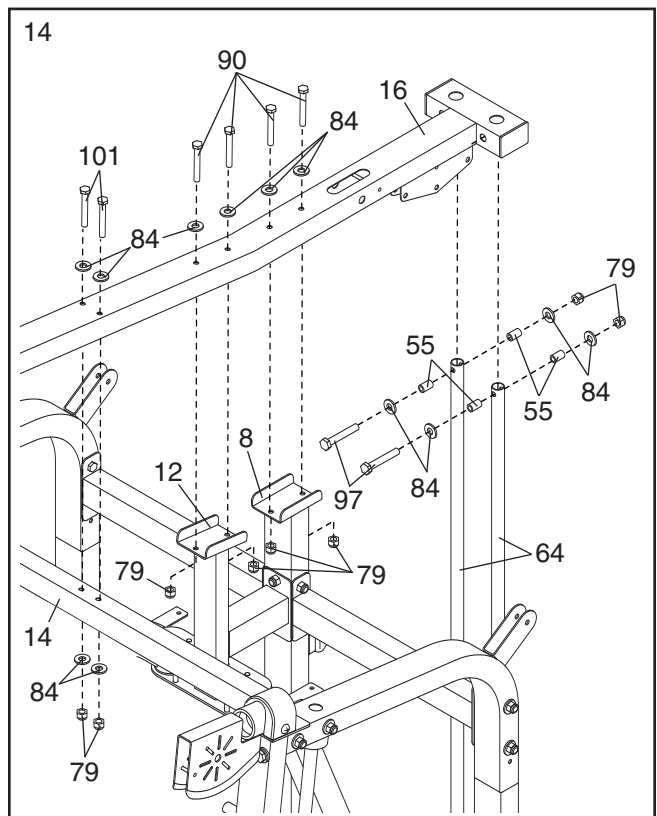
Repeat this step with the Right Arm (11).



14. Attach the Top Frame (16) to the Center Top Frame (14) with two M10 x 116mm Button Bolts (101), four M10 Washers (84), and two M10 Nylon Locknuts (79). **Do not tighten the Nylon Locknuts yet.**

Attach the Top Frame (16) to the Butterfly Frame (12) and the Backrest Upright (8) with four M10 x 67mm Button Bolts (90), four M10 Washers (84), and four M10 Nylon Locknuts (79). **Do not tighten the Nylon Locknuts yet.**

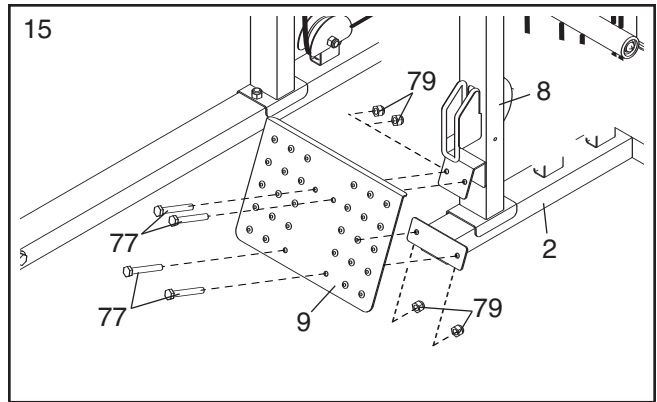
Attach the Top Frame (16) to the Carriage Guides (64) with two M10 x 93mm Button Bolts (97), four M10 Washers (84), four 25mm Spacers (55), and two M10 Nylon Locknuts (79). **Do not tighten the Nylon Locknuts yet.**



15. Attach the Foot Plate (9) to the Center Base (2) and the Backrest Upright (8) with four M10 x 19mm Button Bolts (77) and four M10 Nylon Locknuts (79).

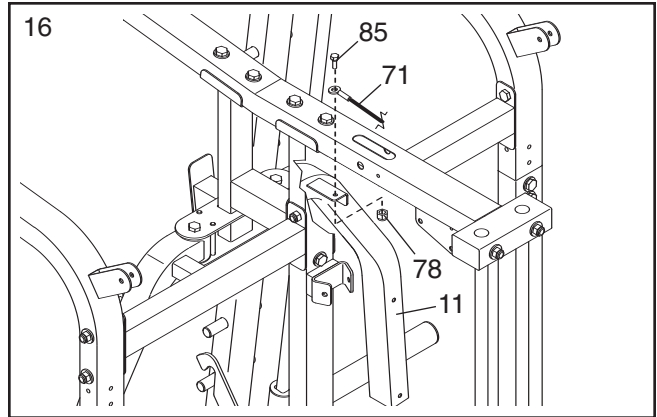
See steps 2–12. Tighten all of the bolts, screws, and nylon locknuts.

See steps 14–15. Tighten all of the bolts, screws, and nylon locknuts.

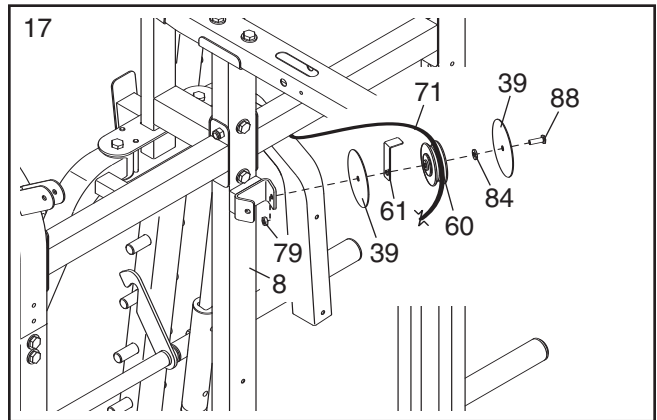


16. The following steps are shown from the rear of the weight rack. See the **CABLE DIAGRAMS** on pages 29 and 30 to identify cables as you assemble them.

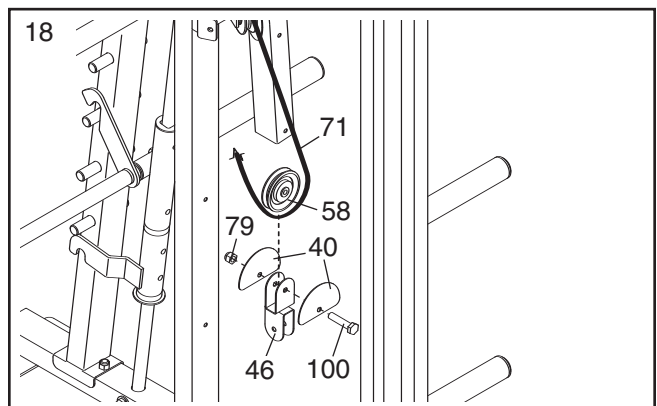
Identify the Butterfly Cable (71). Attach the Cable to the Right Arm (11) with an M8 x 19mm Shoulder Bolt (85) and an M8 Nylon Locknut (78). **Do not overtighten the Nylon Locknut; the Cable must pivot easily.**



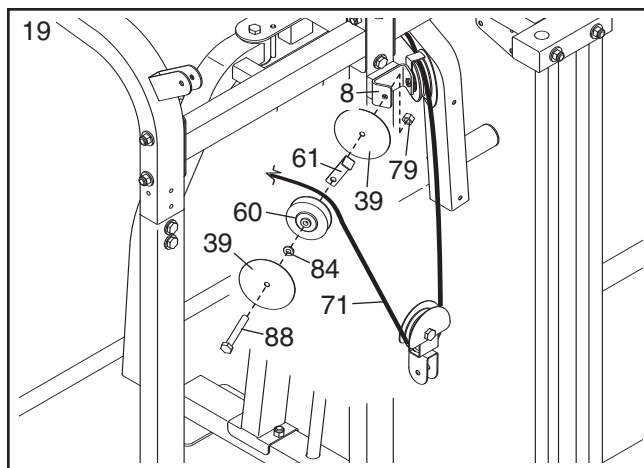
17. Route the Butterfly Cable (71) over a “V”-pulley (60). Attach the “V”-pulley, a Large Cable Trap (61), an M10 Washer (84), and two Full Finger Guards (39) to the Backrest Upright (8) with an M10 x 62mm Button Bolt (88) and an M10 Nylon Locknut (79). **Make sure that the Large Cable Trap is oriented to hold the Cable in the groove of the “V”-pulley.**



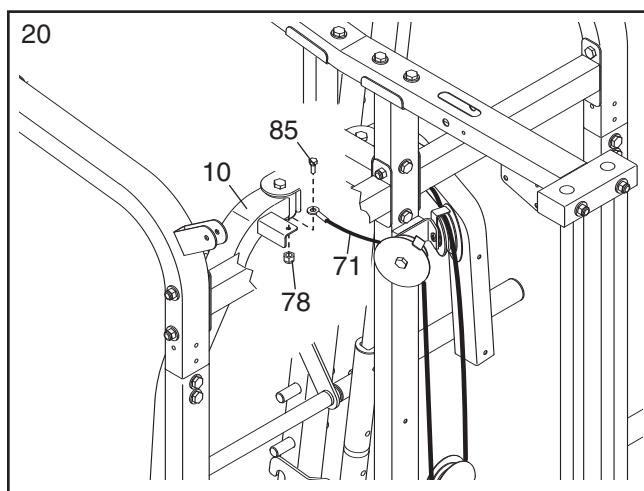
18. Route the Butterfly Cable (71) under a 90mm Pulley (58). Attach the Pulley and two Half Finger Guards (40) to the Double “U”-bracket (46) with an M10 x 46mm Button Bolt (100) and an M10 Nylon Locknut (79).



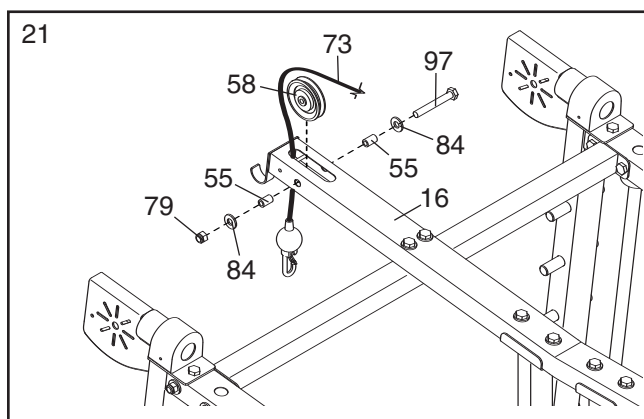
19. Route the Butterfly Cable (71) over a “V”-pulley (60). Attach the “V”-pulley, a Large Cable Trap (61), an M10 Washer (84), and two Full Finger Guards (39) to the Backrest Upright (8) with an M10 x 62mm Button Bolt (88) and an M10 Nylon Locknut (79). **Make sure that the Large Cable Trap is oriented to hold the Cable in the groove of the “V”-pulley.**



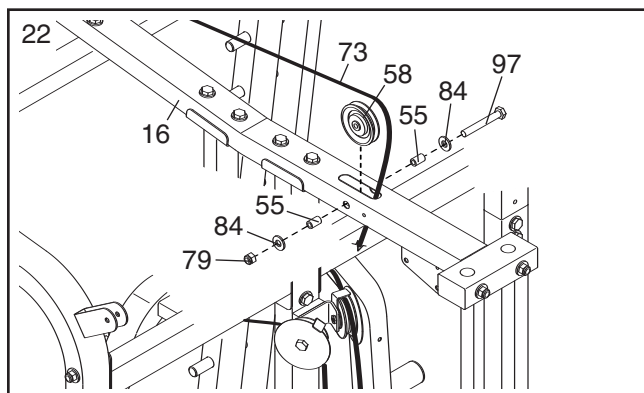
20. Attach the Butterfly Cable (71) to the Left Arm (10) with an M8 x 19mm Shoulder Bolt (85) and an M8 Nylon Locknut (78). **Do not overtighten the Nylon Locknut; the Cable must pivot easily.**



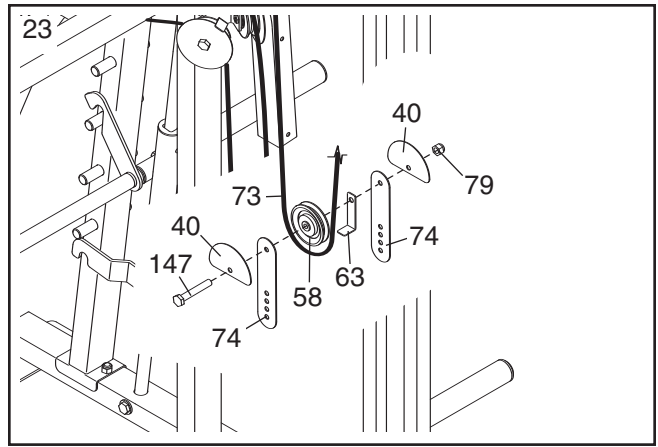
21. Locate the High Cable (73). Route the Cable up through the Top Frame (16) and over a 90mm Pulley (58). Attach the Pulley inside of the Top Frame with an M10 x 93mm Button Bolt (97), two M10 Washers (84), two 25mm Spacers (55), and an M10 Nylon Locknut (79).



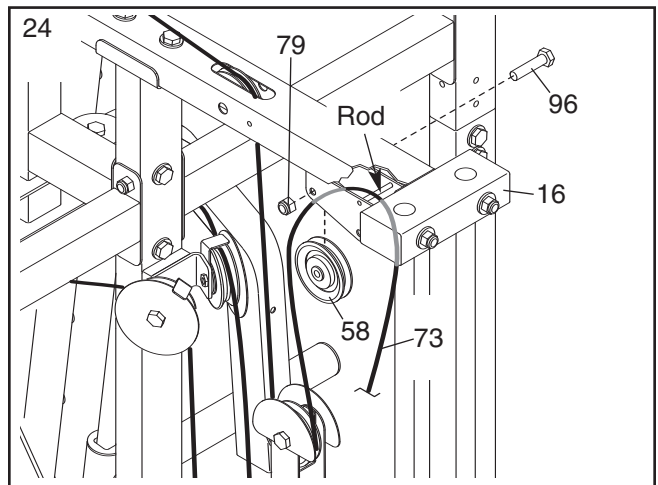
22. Route the High Cable (73) over a 90mm Pulley (58) and down through the Top Frame (16). Attach the Pulley inside the Top Frame with an M10 x 93mm Button Bolt (97), two M10 Washers (84), two 25mm Spacers (55), and an M10 Nylon Locknut (79).



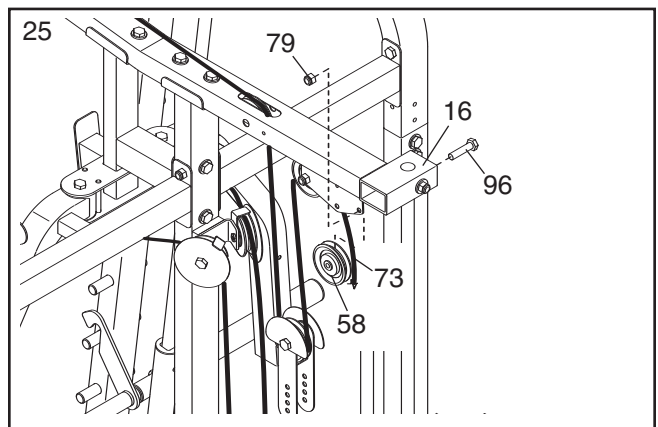
23. Wrap the High Cable (73) under a 90mm Pulley (58). Attach the Pulley, a Small Cable Trap (63), and two Half Finger Guards (40) to the two Pulley Plates (74) with an M10 x 53mm Button Bolt (147) and an M10 Nylon Locknut (79). **Make sure that the Small Cable Trap is oriented to hold the Cable in the groove of the Pulley.**



24. Wrap the High Cable (73) over a 90mm Pulley (58) and over the indicated rod in the Top Frame (16). Attach the Pulley to the Top Frame with an M10 x 42mm Button Bolt (96) and an M10 Nylon Locknut (79).

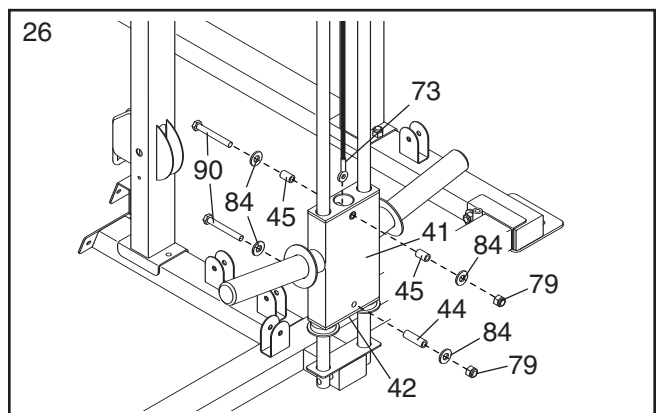


25. Wrap the High Cable (73) over a 90mm Pulley (58). Attach the Pulley to the Top Frame (16) with an M10 x 42mm Button Bolt (96) and an M10 Nylon Locknut (79).

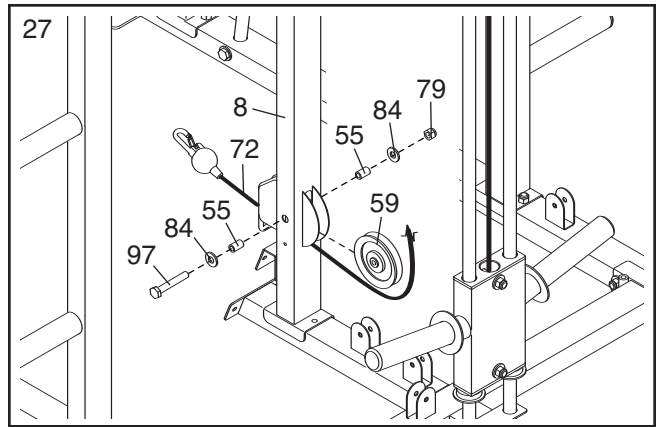


26. Attach the High Cable (73) inside of the Weight Carriage (41) with an M10 x 67mm Button Bolt (90), two M10 Washers (84), two 24mm Spacers (45), and an M10 Nylon Locknut (79).

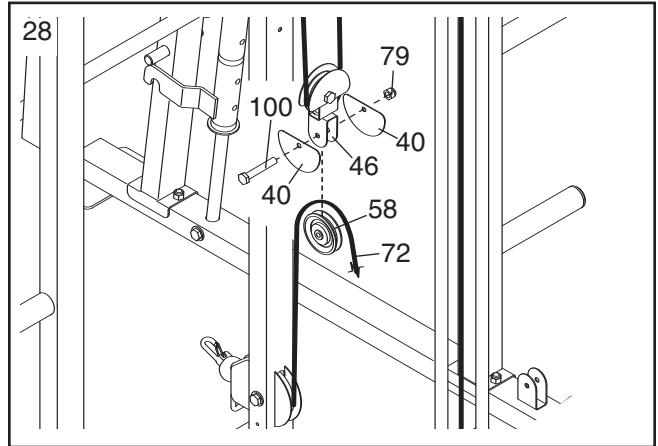
Attach the lower Carriage Bushing (42) inside the Weight Carriage (41) with an M10 x 67mm Button Bolt (90), two M10 Washers (84), a 51mm Spacer (44), and an M10 Nylon Locknut (79).



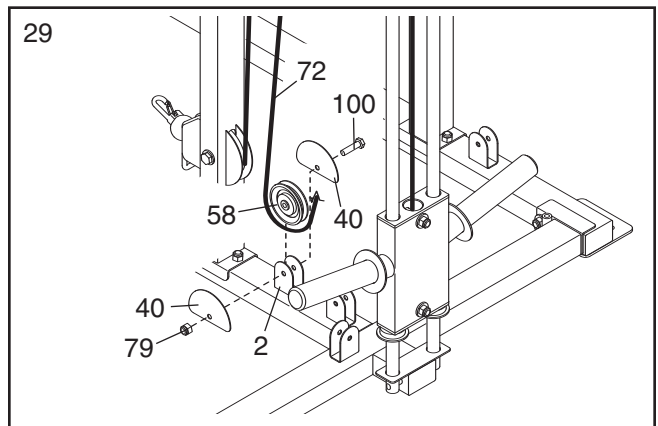
27. **Identify the Low Cable (72).** Route the Cable through the Backrest Upright (8) and under a 110mm Pulley (59). Attach the Pulley inside the Upright with an M10 x 93mm Button Bolt (97), two M10 Washers (84), two 25mm Spacers (55), and an M10 Nylon Locknut (79).



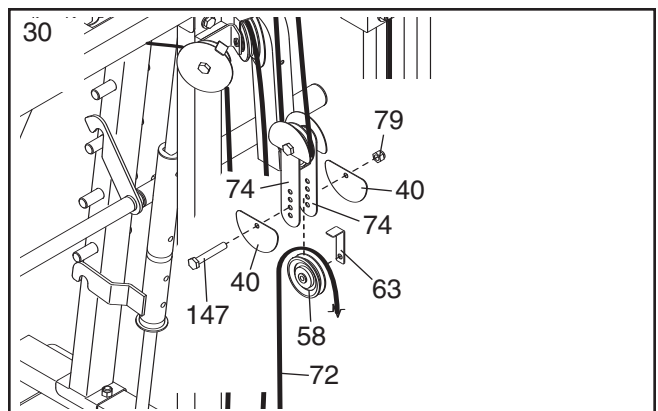
28. Route the Low Cable (72) over a 90mm Pulley (58). Attach the Pulley and two Half Finger Guards (40) to the Double "U"-bracket (46) with an M10 x 46mm Button Bolt (100) and an M10 Nylon Locknut (79).



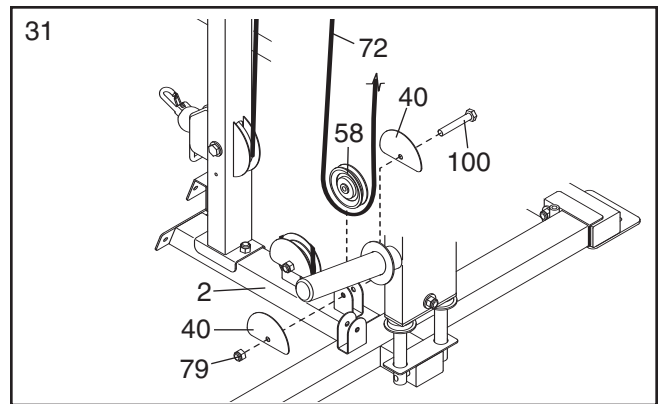
29. Route the Low Cable (72) under a 90mm Pulley (58). Attach the Pulley and two Half Finger Guards (40) to the Center Base (2) with an M10 x 46mm Button Bolt (100) and an M10 Nylon Locknut (79). **Make sure that the Cable Trap is oriented to hold the Cable in the groove of the Pulley.**



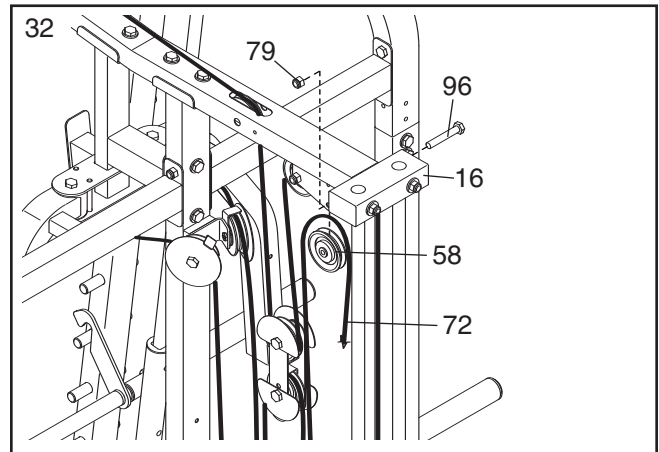
30. Wrap the Low Cable (72) over a 90mm Pulley (58). Attach the Pulley, a Small Cable Trap (63), and two Half Finger Guards (40) to the second hole from the bottom of the two Pulley Plates (74) with an M10 x 53mm Button Bolt (147) and an M10 Nylon Locknut (79). **Make sure that the Cable Trap is oriented to hold the Cable in the groove of the Pulley.**



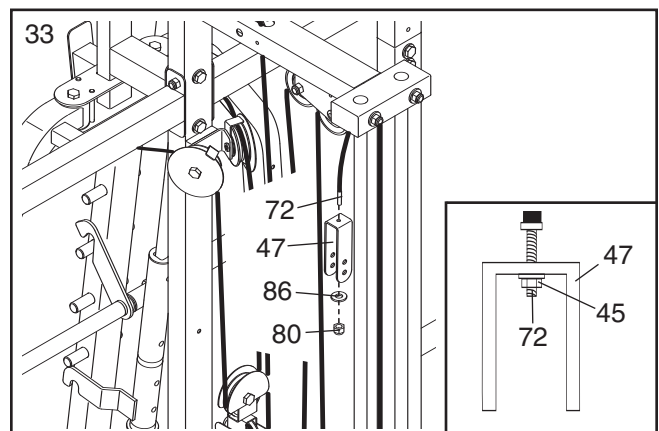
31. Route the Low Cable (72) under a 90mm Pulley (58). Attach the Pulley and two Half Finger Guards (40) to the Center Base (2) with an M10 x 46mm Button Bolt (100) and an M10 Nylon Locknut (79).



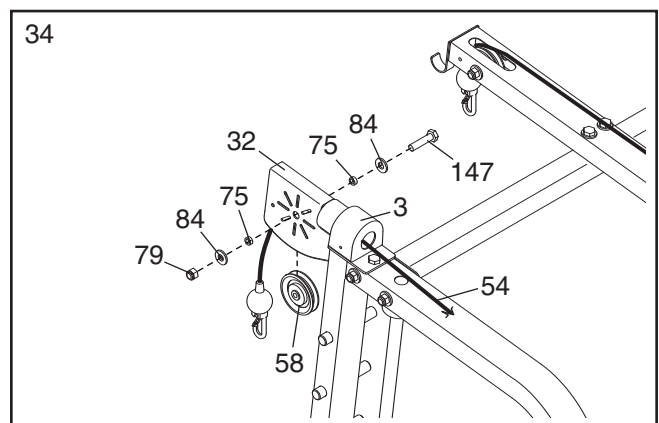
32. Wrap the Low Cable (72) over a 90mm Pulley (58). Attach the Pulley to the Top Frame (16) with an M10 x 42mm Button Bolt (96) and an M10 Nylon Locknut (79).



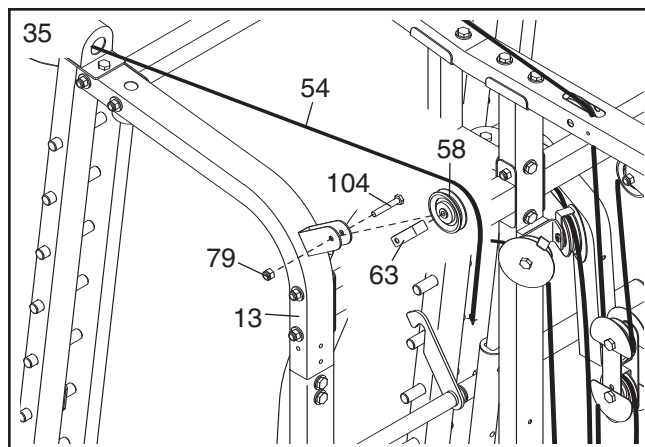
33. Attach the Low Cable (72) to the "U"-bracket (47) with an M6 Washer (86) and an M6 Nylon Locknut (80). **See the inset drawing. Do not overtighten the Nylon Locknut; it should be threaded onto the end of the Cable so that only two threads are showing below the Nylon Locknut.**



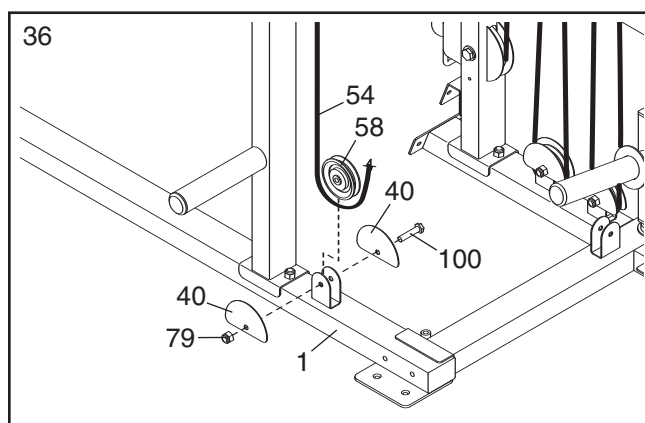
34. Locate the Long Cable (54). Route the Cable over a 90mm Pulley (58), and up through a Swivel Arm (32) and the Left Upright (3). Attach the Pulley inside the Swivel Arm with an M10 x 53mm Button Bolt (147), two M10 Washers (84), two 6mm Spacers (75), and an M10 Nylon Locknut (79).



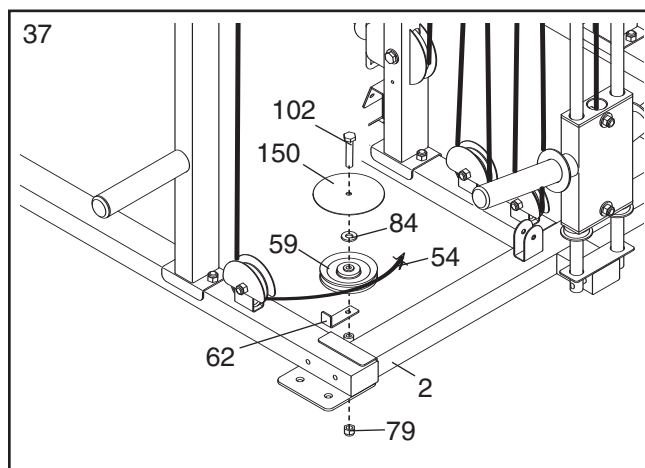
35. Route the Long Cable (54) over a 90mm Pulley (58). Attach the Pulley and a Small Cable Trap (63) to the left Side Top Frame (13) with an M10 x 49mm Button Bolt (104) and an M10 Nylon Locknut (79). **Make sure that the Cable Trap is oriented to hold the Cable in the groove of the Pulley.**



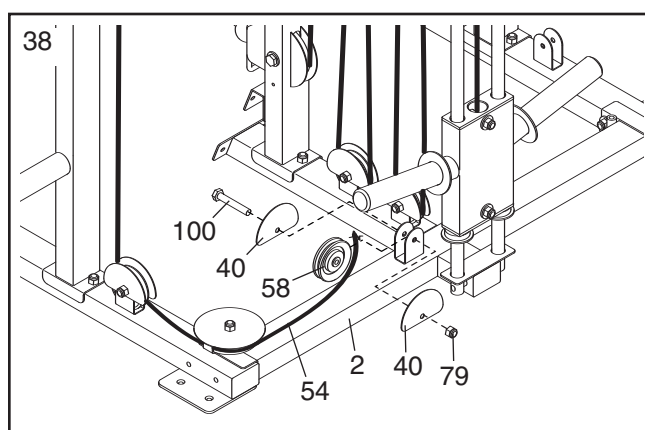
36. Route the Long Cable (54) under a 90mm Pulley (58). Attach the Pulley and two Half Finger Guards (40) to a Base (1) with an M10 x 46mm Button Bolt (100) and an M10 Nylon Locknut (79).



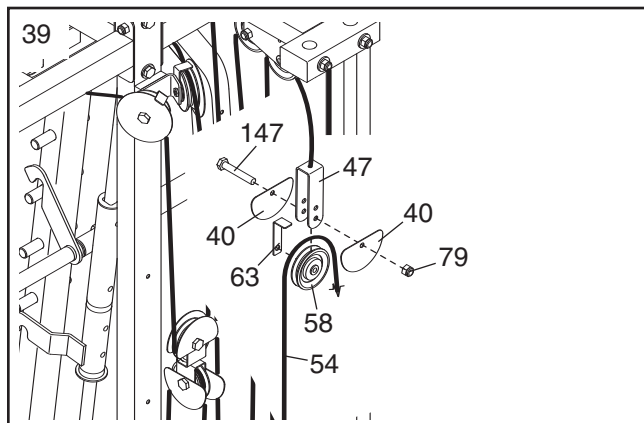
37. Route the Long Cable (54) around a 110mm Pulley (59). Attach the Pulley, a Long Cable Trap (62), an M10 Washer (84), and a Large Full Finger Guard (150) to the Center Base (2) with an M10 x 76mm Button Bolt (102) and an M10 Nylon Locknut (79). **Make sure that the Cable Trap is oriented to hold the Cable in the groove of the Pulley.**



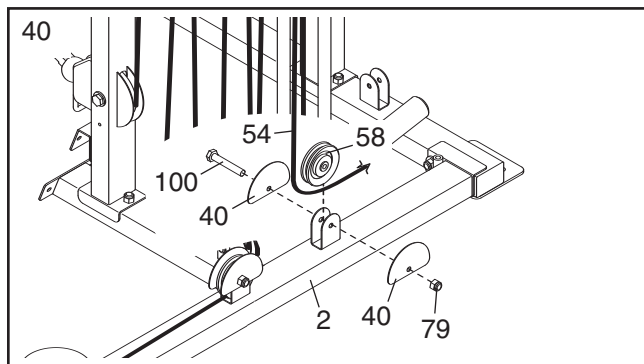
38. Route the Long Cable (54) under a 90mm Pulley (58). Attach the Pulley and two Half Finger Guards (40) to the Center Base (2) with an M10 x 46mm Button Bolt (100) and an M10 Nylon Locknut (79).



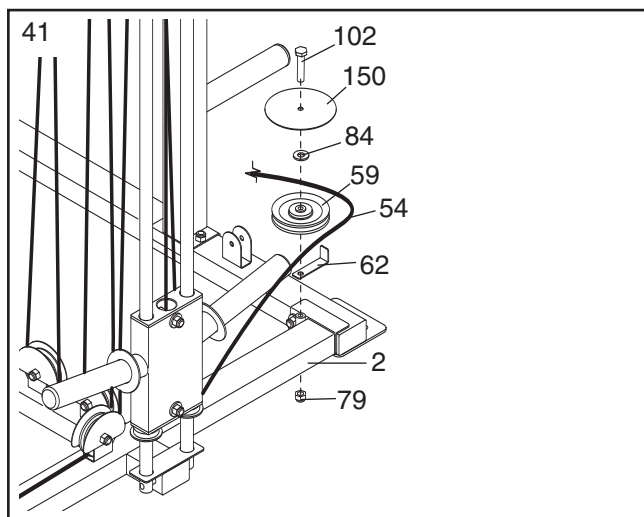
39. Route the Long Cable (54) over a 90mm Pulley (58). Attach the Pulley, a Small Cable Trap (63), and two Half Finger Guards (40) to the lower hole of the "U"-bracket (47) with an M10 x 53mm Button Bolt (147) and an M10 Nylon Locknut (79). **Make sure that the Cable Trap is oriented to hold the Cable in the groove of the Pulley.**



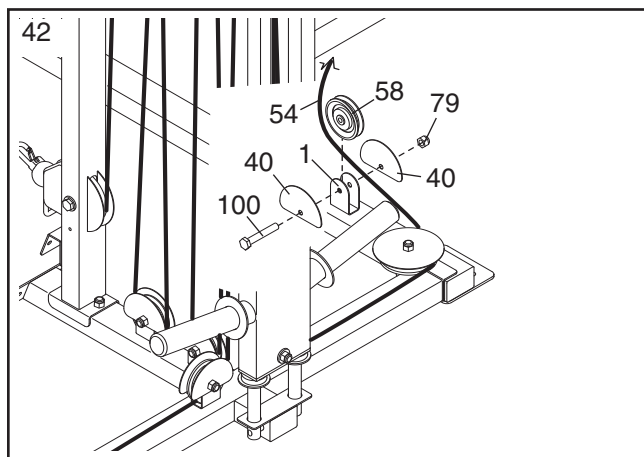
40. Route the Long Cable (54) under a 90mm Pulley (58). Attach the Pulley and two Half Finger Guards (40) to the Center Base (2) with an M10 x 46mm Button Bolt (100) and an M10 Nylon Locknut (79).



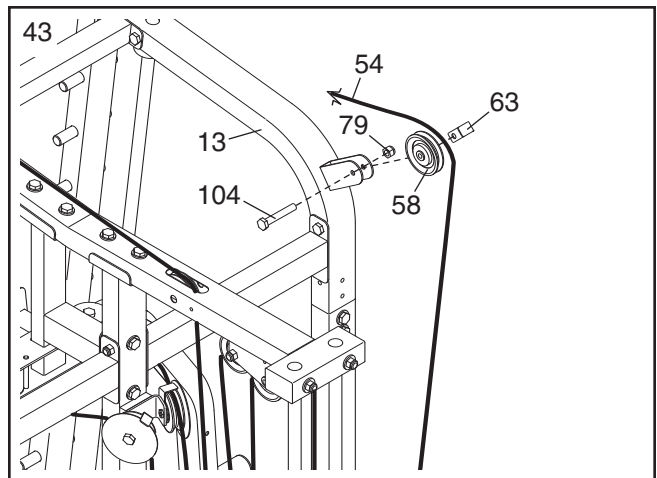
41. Route the Long Cable (54) around a 110mm Pulley (59). Attach the Pulley, a Long Cable Trap (62), an M10 Washer (84), and a Large Full Finger Guard (150) to the Center Base (2) with an M10 x 76mm Button Bolt (102) and an M10 Nylon Locknut (79). **Make sure that the Cable Trap is oriented to hold the Cable in the groove of the Pulley.**



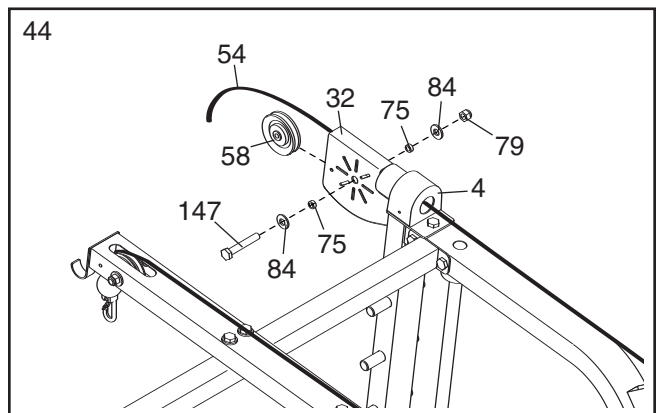
42. Route the Long Cable (54) under a 90mm Pulley (58). Attach the Pulley and two Half Finger Guards (40) to a Base (1) with an M10 x 46mm Button Bolt (100) and an M10 Nylon Locknut (79).



43. Route the Long Cable (54) over a 90mm Pulley (58). Attach the Pulley and a Small Cable Trap (63) to the right Side Top Frame (13) with an M10 x 49mm Button Bolt (104) and an M10 Nylon Locknut (79). **Make sure that the Small Cable Trap is oriented to hold the Cable in the groove of the Pulley.**



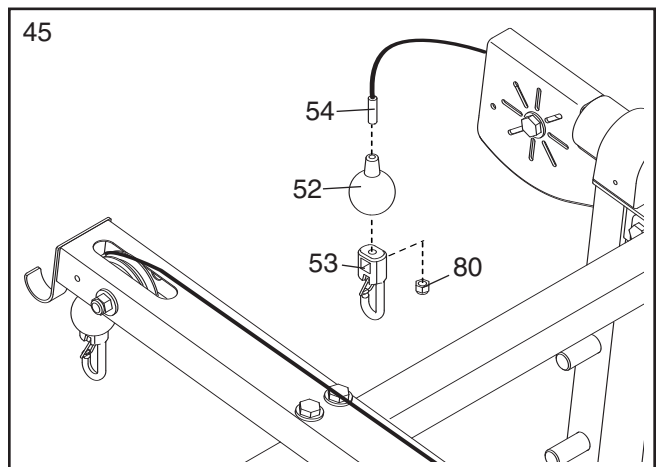
44. Route the Long Cable (54) through the Right Upright (4) and a Swivel Arm (32). Then, route the Cable over a 90mm Pulley (58). Attach the Pulley inside the Swivel Arm with an M10 x 53mm Button Bolt (147), two M10 Washers (84), two 6mm Spacers (75), and an M10 Nylon Locknut (79).



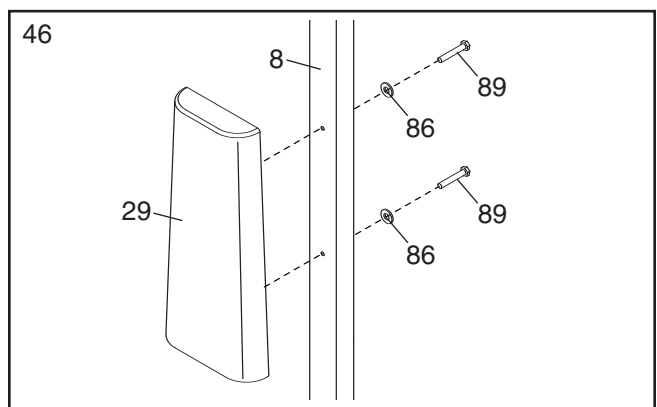
45. Slide a Clip Cover (52) onto the Long Cable (54).

Hold an M6 Nylon Locknut (80) inside of a Clip (53), and insert the Long Cable (54) into the Clip and the Nylon Locknut. Hold the crimp on the Cable with a pair of pliers. Insert a screwdriver between the Nylon Locknut and the Clip. Rotate the screwdriver, the Clip, and the Nylon Locknut together until two threads of the Cable show past the Nylon Locknut.

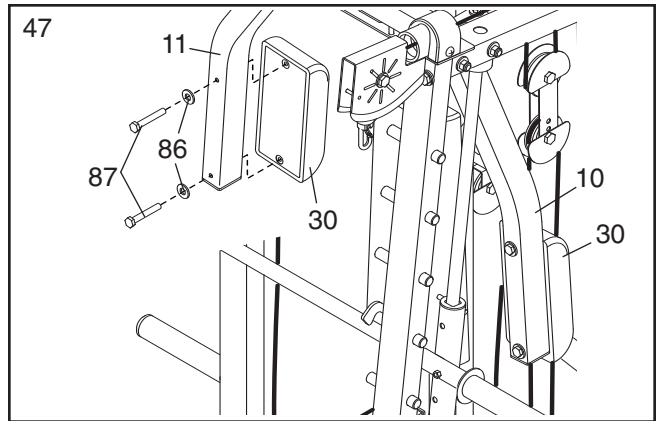
Slide the Clip Cover (52) over the Clip (53).



46. Attach the Butterfly Backrest (29) to the Backrest Upright (8) with two M6 x 64mm Screws (89) and two M6 Washers (86).

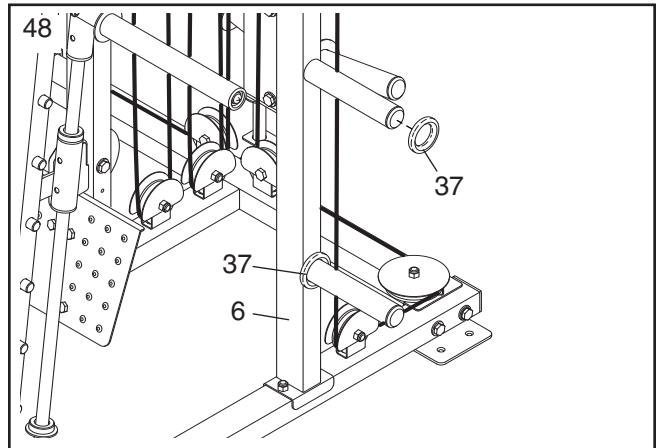


47. Attach an Arm Pad (30) to the Right Arm (11) with two M6 x 77mm Screws (87) and two M6 Washers (86). **Attach the other Arm Pad (30) to the Left Arm (10) in the same manner.**

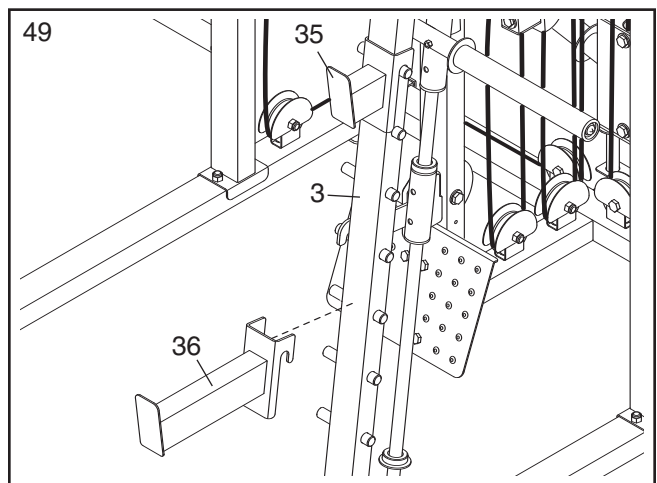


48. Slide two Weight Bumpers (37) onto the Left Support (6). **Make sure that the flat edge of each Weight Bumper is facing the outside of the Left Support.**

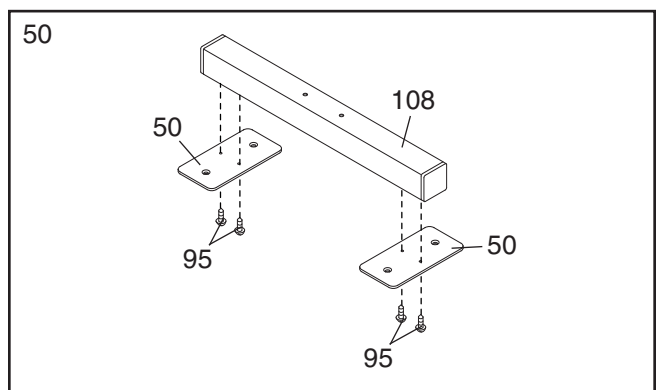
Slide two Weight Bumpers (37) onto the Right Support (not shown).



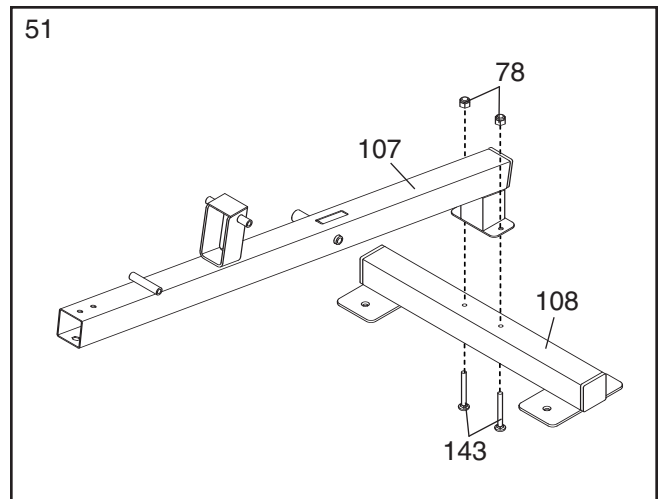
49. Set a Weight Rest (35) and a Safety Spotter (36) onto the Left Upright (3). **Set the other Weight Rest and the other Safety Spotter onto the Right Upright (not shown) at the same heights.**



50. Attach two Small Foot Plates (50) to the Bench Stabilizer (108) with four M4 x 10mm Screws (95).



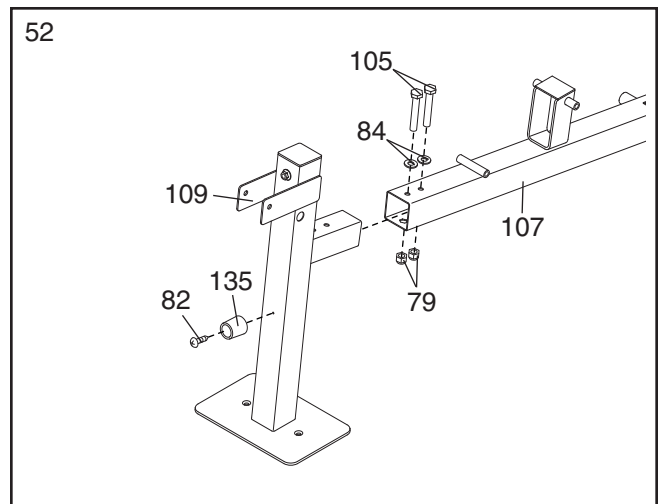
51. Attach the Bench Stabilizer (108) to the Bench Frame (107) with two M8 x 76mm Carriage Bolts (143) and two M8 Nylon Locknuts (78). **Do not tighten the Nylon Locknuts yet.**



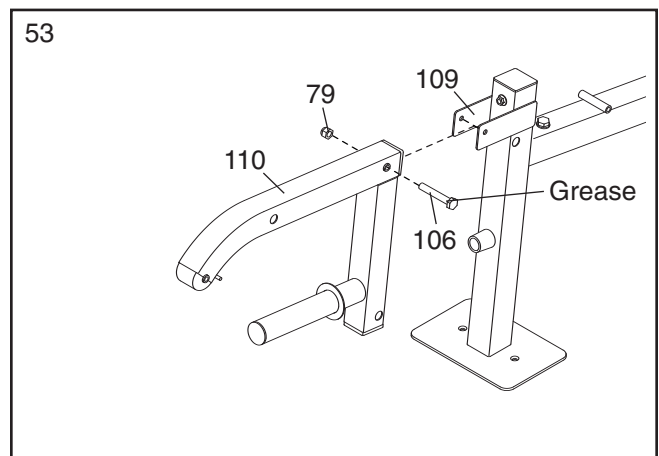
52. Attach the Leg Bumper (135) to the Front Leg (109) with an M4 x 16mm Screw (82).

Attach the Front Leg (109) to the Bench Frame (107) with two M10 x 73mm Hex Bolts (105), two M10 Washers (84), and two M10 Nylon Locknuts (79).

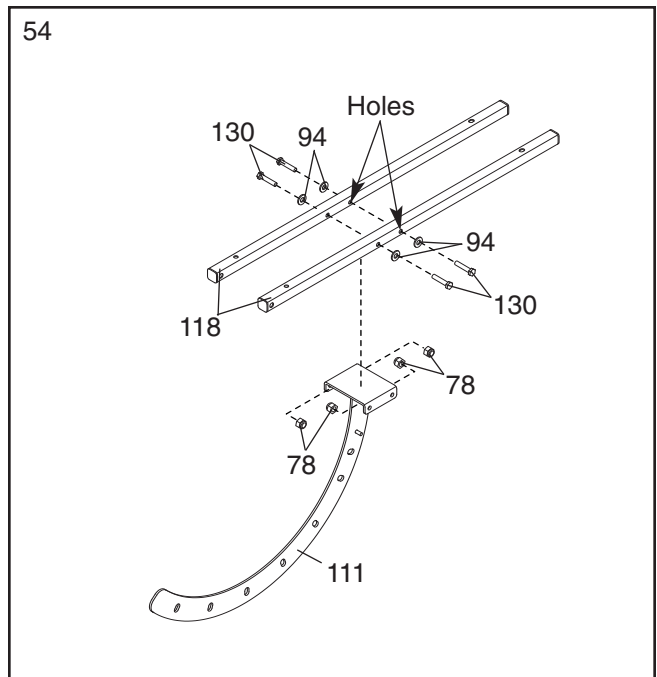
See steps 51 and 52. Tighten the M8 Nylon Locknuts (78) and the M10 Nylon Locknuts (79).



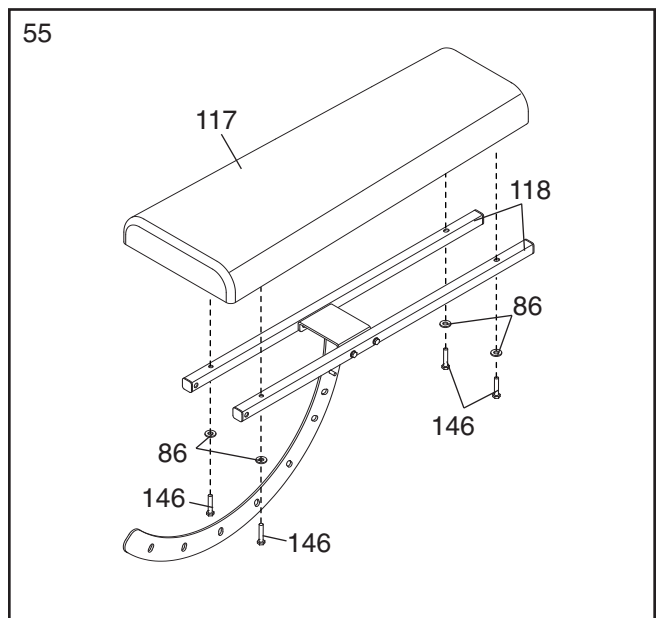
53. Apply a small amount of the included grease to an M10 x 82mm Button Bolt (106). Attach the Leg Lever (110) to the Front Leg (109) with the Button Bolt and an M10 Nylon Locknut (79). **Do not overtighten the Nylon Locknut; the Leg Lever must pivot easily.**



54. Orient the two Backrest Frames (118) with the indicated holes nearer the bottom. Attach the Backrest Frames to the Backrest Bracket (111) with four M8 x 42mm Hex Bolts (130), four M8 Washers (94), and four M8 Nylon Locknuts (78). **Do not tighten the Nylon Locknuts yet.**

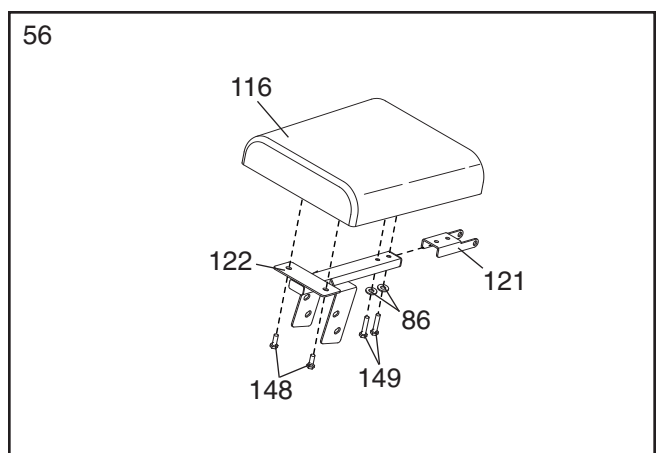


55. Attach the Backrest (117) to the Backrest Frames (118) with four M6 x 38mm Screws (146) and four M6 Washers (86). **Do not tighten the Screws yet.**

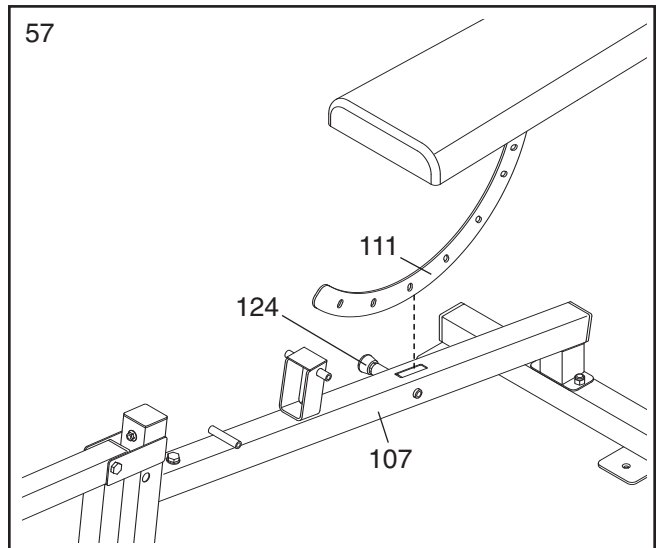


56. Attach the Seat (116) and the Seat Bracket (121) to the Seat Frame (122) with two M6 x 35mm Screws (149) and two M6 Washers (86).

Attach the other end of the Seat (116) to the Seat Frame (122) with two M6 x 16mm Screws (148).



57. Pull on the Bench Knob (124) and insert the Backrest Bracket (111) through the Bench Frame (107). Engage the Bench Knob into the Backrest Bracket.

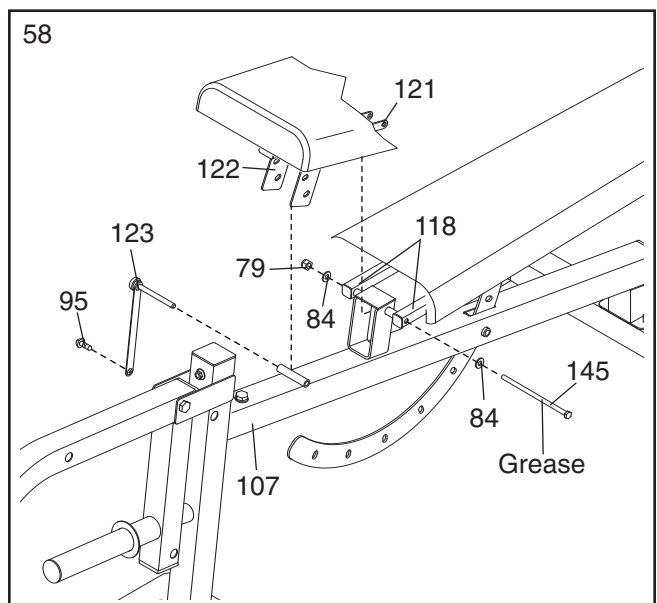


58. Grease an M10 x 180mm Button Bolt (145). Attach the Backrest Frames (118) and the Seat Bracket (121) to the Bench Frame (107) with the Button Bolt, two M10 Washers (84), and an M10 Nylon Locknut (79). **Do not overtighten the Nylon Locknut; the Backrest Frames and Seat Frame must pivot easily.**

Attach the Seat Pin (123) to the Seat Frame (122) with an M4 x 10mm Screw (95). Insert the Seat Pin into the Seat Frame and the Bench Frame (107).

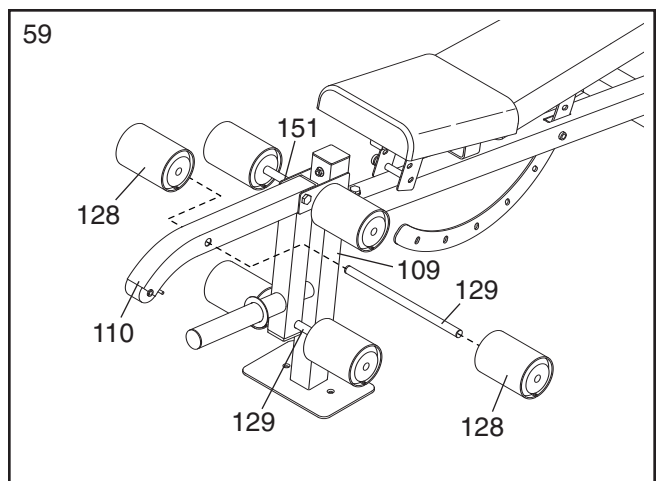
See step 54. Tighten the M8 Nylon Locknuts (78).

See step 55. Tighten the M6 x 38mm Screws (146).

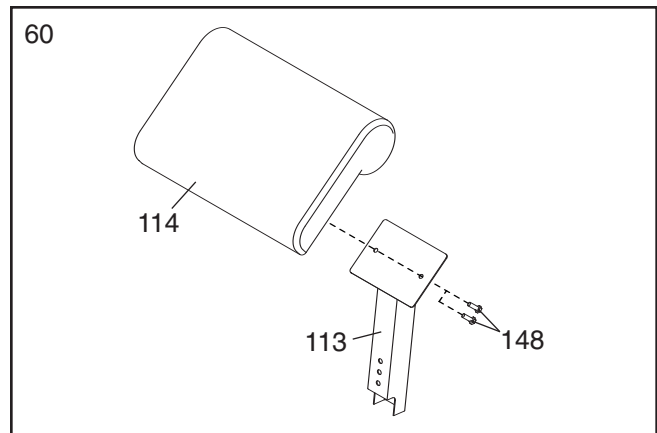


59. Insert a Pad Tube (129) through the Leg Lever (110). Slide two Foam Pads (128) onto the Pad Tube.

Repeat this step with the other Pad Tube (129) and the Leg Lever (110), and the Long Pad Tube (151) and the Front Leg (109).

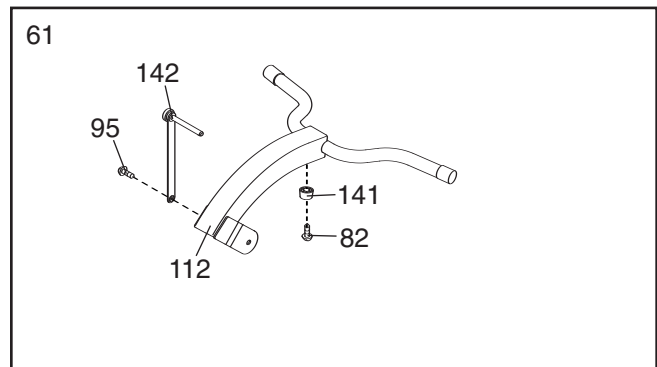


60. Attach the Curl Pad (114) to the Curl Post (113) with two M6 x 16mm Screws (148).



61. Attach the Curl Bumper (141) to the Curl Bar (112) with an M4 x 16mm Screw (82).

Attach the Curl Pin (142) to the Curl Bar (112) with an M4 x 10mm Screw (95).



62. Make sure that all parts are properly tightened.
The use of all remaining parts will be explained in ADJUSTMENT starting below.

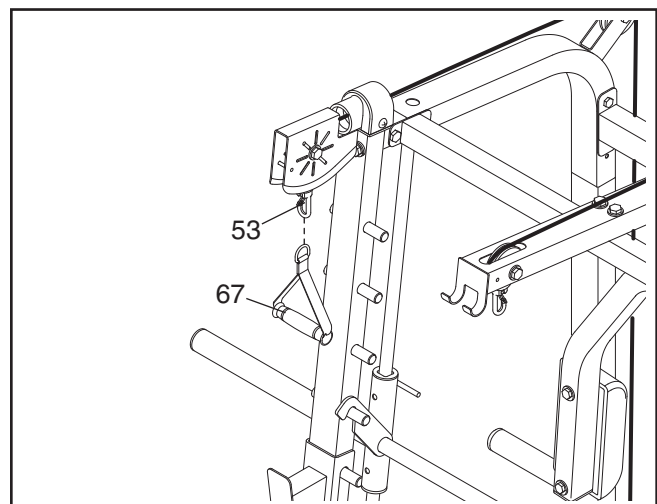
Before using the weight bench, pull each cable a few times to make sure that the cable moves smoothly. If one of the cables does not move smoothly, find and correct the problem. **IMPORTANT: If the cables are not properly installed, they may be damaged when heavy weight is used. See the CABLE DIAGRAMS on pages 29 and 30 for proper cable routing. If there is any slack in the cables, you will need to remove it by tightening the cables. See MAINTENANCE on page 31.**

ADJUSTMENT

This section explains how to adjust the weight bench. See the EXERCISE GUIDELINES on page 32 for important information about how to get the most benefit from your exercise program. Also, refer to the accompanying exercise guide to see the correct form for several exercises.

ATTACHING ACCESSORIES

To use the Handles (67), attach a Handle to the Clip (53) on the end of any cable. The other accessories can be attached to the cables in the same way. For some exercises, the Chain (not shown) should be attached between the Clip and the accessory with the Cable Clip (not shown).

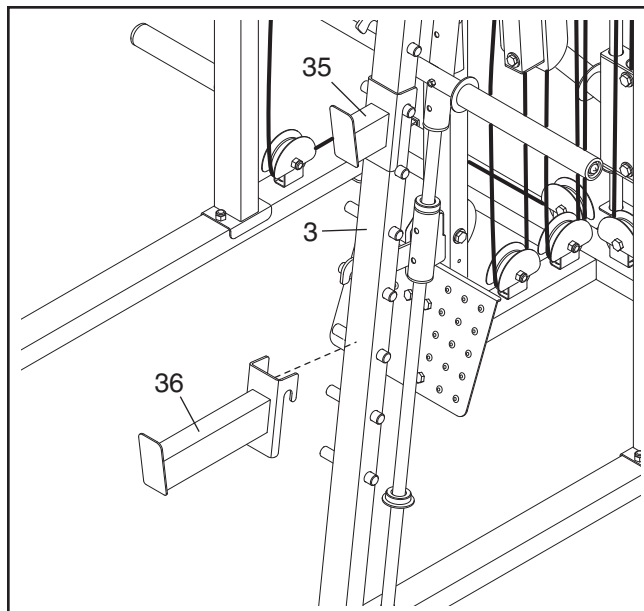


ADJUSTING THE WEIGHT RESTS

Before using a separate barbell (not included), set the Safety Spotters (36) at the lowest position to which you want your barbell to move. To move the Safety Spotters, lift them off the Uprights (3, 4 [not shown]). Set the Safety Spotters onto the Uprights at the desired height.

Then, adjust the Weight Rests (35) to a comfortable height for lifting and replacing the barbell in the same manner.

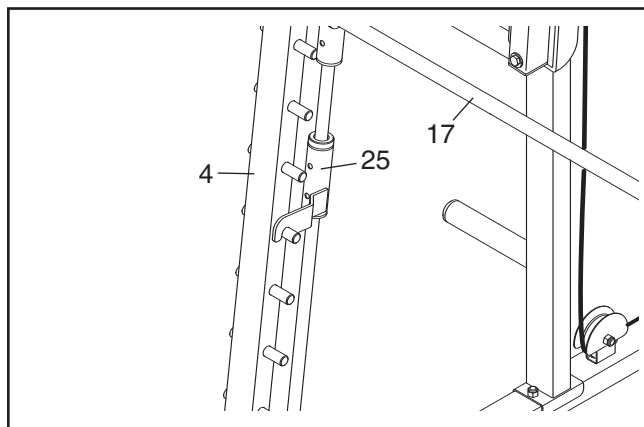
⚠ WARNING: Always set both Weight Rests (35) and both Safety Spotters (36) at the same height.



ADJUSTING THE SPOTTERS

Before performing an exercise that uses a Weight Bar (17), disengage the Spotters (24 [not shown], 25) from the Uprights (3 [not shown], 4) and move them to the lowest height to which you want the Weight Bar to move. Then, reengage the Spotters at the desired height.

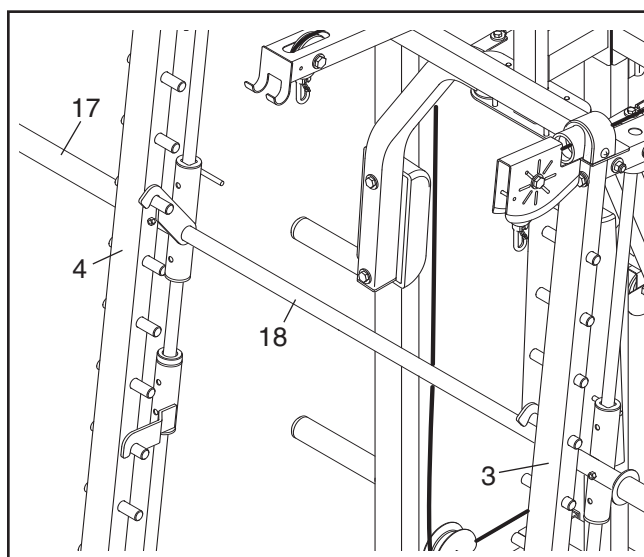
⚠ WARNING: Always set both Spotters (24, 25) at the same height.



USING THE WEIGHT BAR

To use the Weight Bar (17), first place the desired amount of weight (not included) onto the ends of the Weight Bar (see ADDING WEIGHT below). Then, disengage the Locking Bar (18) by rotating it off the Uprights (3, 4).

When finished with the exercise, reengage the Locking Bar (18) by rotating it onto the Uprights (3, 4).

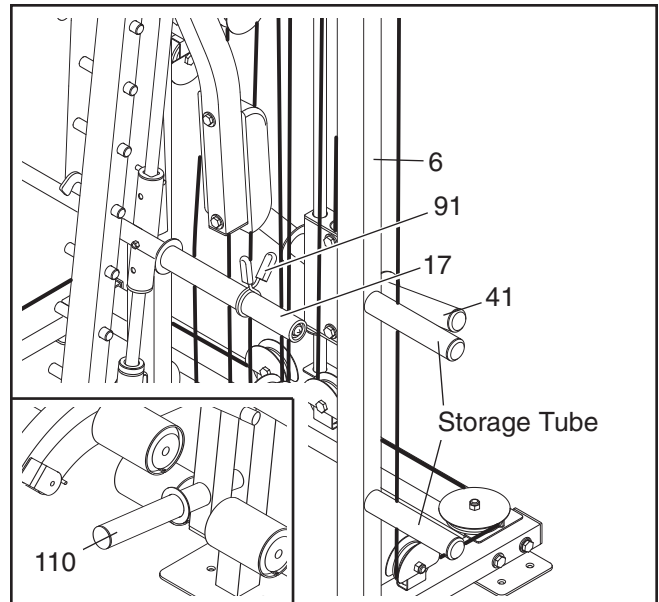


ADDING WEIGHT

Slide the desired amount of weight (not included) onto the Weight Carriage (41), the Weight Bar (17), the Leg Lever (110), or your barbell (not included). Secure the weights with the Weight Clips (91).

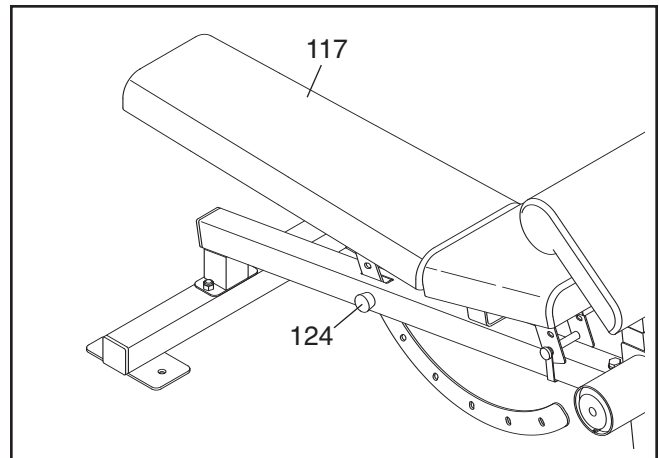
⚠ WARNING: Do not place more than 150 lbs. (68 kg) on the Weight Carriage (41). Do not place more than 310 lbs. (140 kg) on the Weight Bar (17), or on the Weight Rests (not shown), including the barbell. Always place the same amount of weight on each side of the Weight Carriage, Weight Bar, or barbell.

Unused weight can be stored on the storage tubes on the Supports (6, 7 [not shown]).



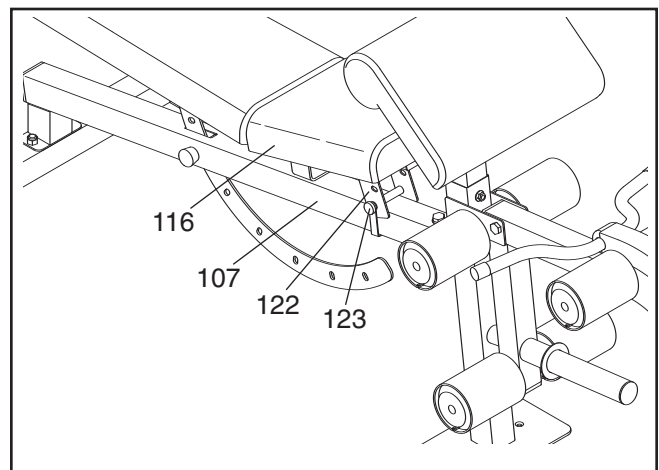
ADJUSTING THE BACKREST

Hold the Backrest (117) with one hand and disengage the Bench Knob (124) from the Backrest Bracket (111). Move the Backrest to the new position and reengage the Bench Knob.



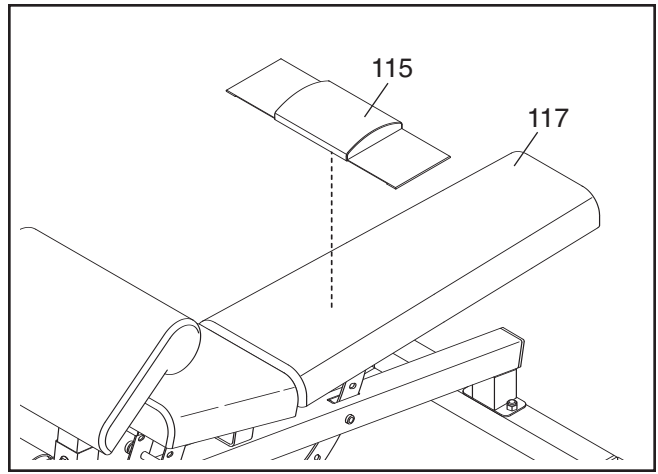
ADJUSTING THE SEAT

Hold the Seat (116) with one hand and disengage the Seat Pin (123) from the Seat Frame (122). Move the Seat to the new position and reengage the Seat Pin into the Seat Frame and the Bench Frame (107).



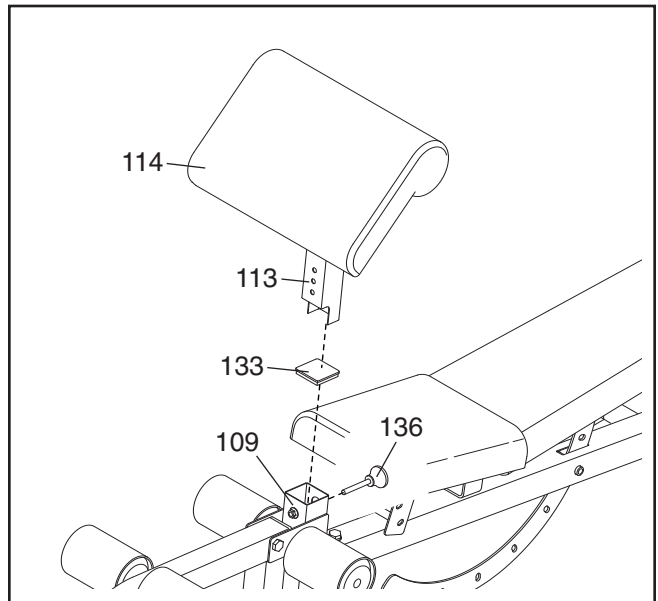
ADJUSTING THE BACKREST PAD

Set the Backrest Pad (115) on the Backrest (117) in the desired position. Wrap the ends of the Pad under the Backrest and use the hook and loop fastener strips to hold it in place.



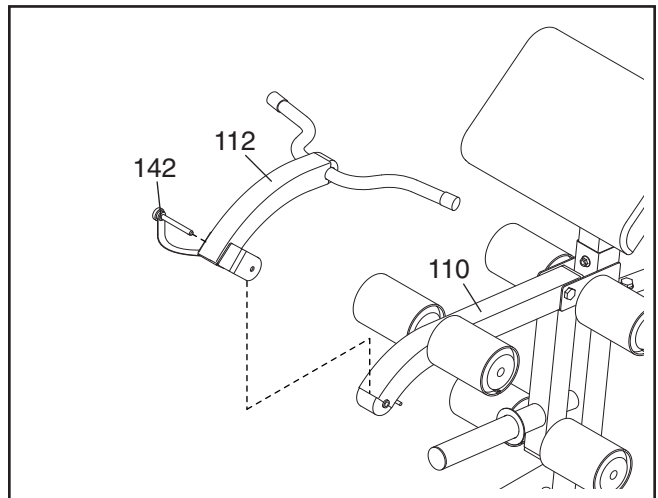
ATTACHING THE CURL PAD

To use the Curl Pad (114), first remove the 50mm Square Cap (133) from the Front Leg (109). Insert the Curl Post (113) into the Front Leg and secure the Curl Post with the Curl Knob (136). **Fully tighten the Curl Knob.**



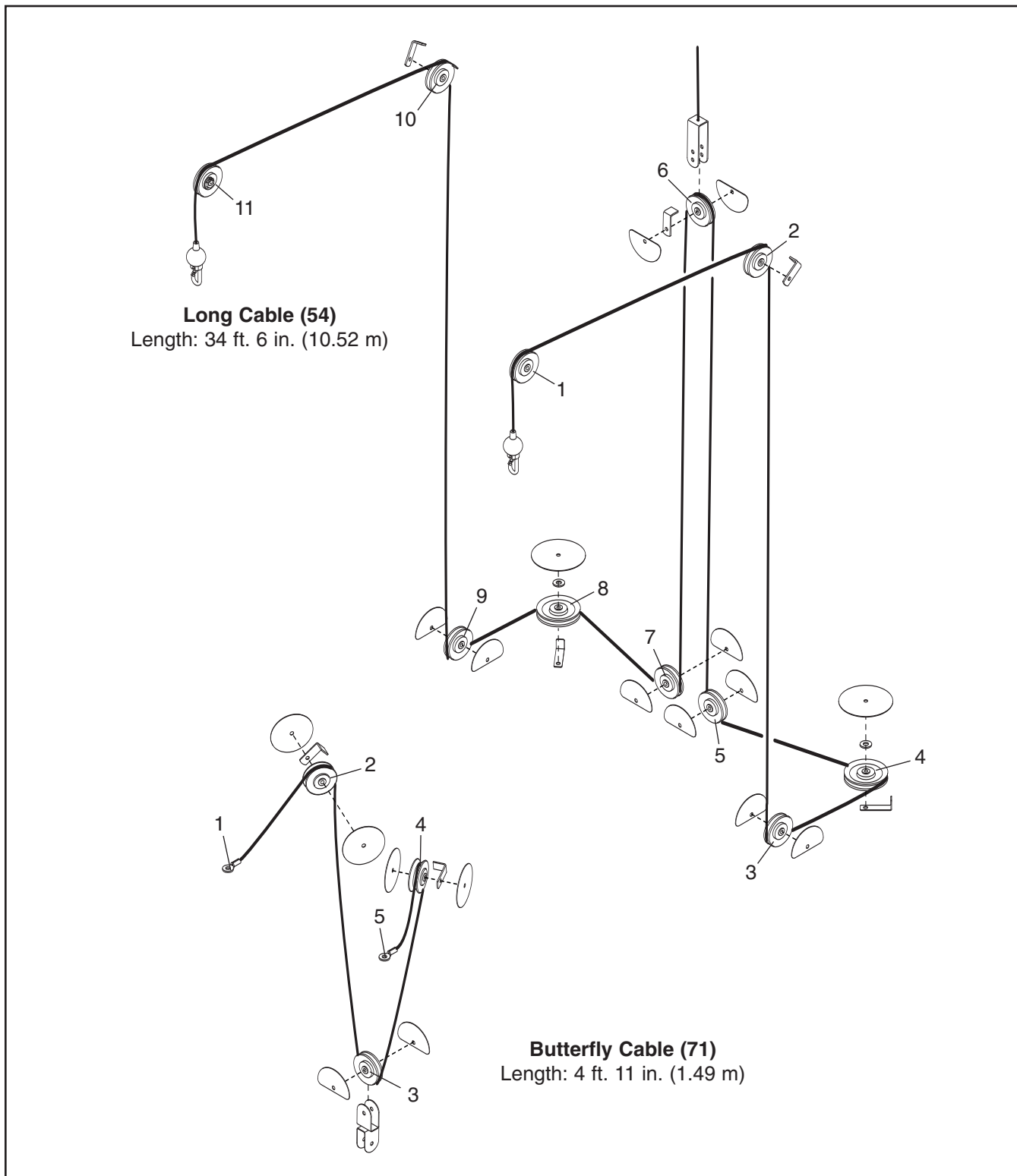
ATTACHING THE CURL BAR

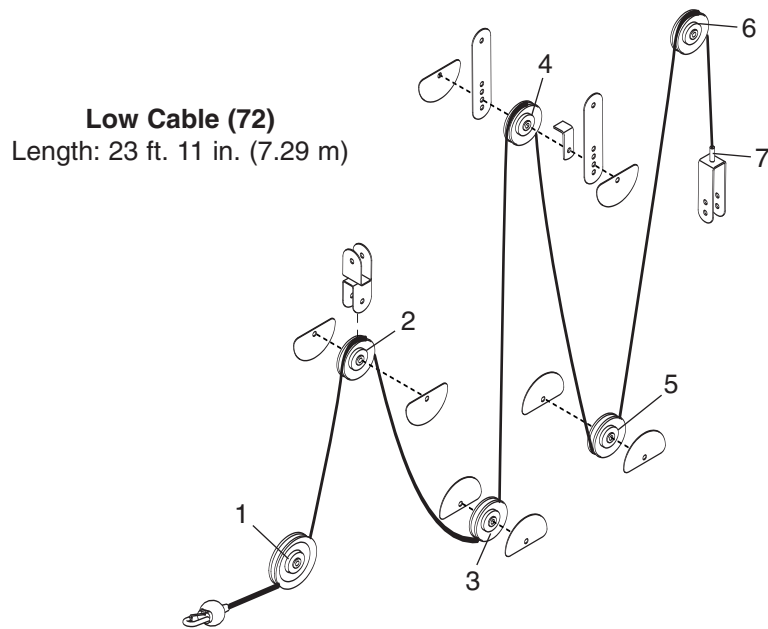
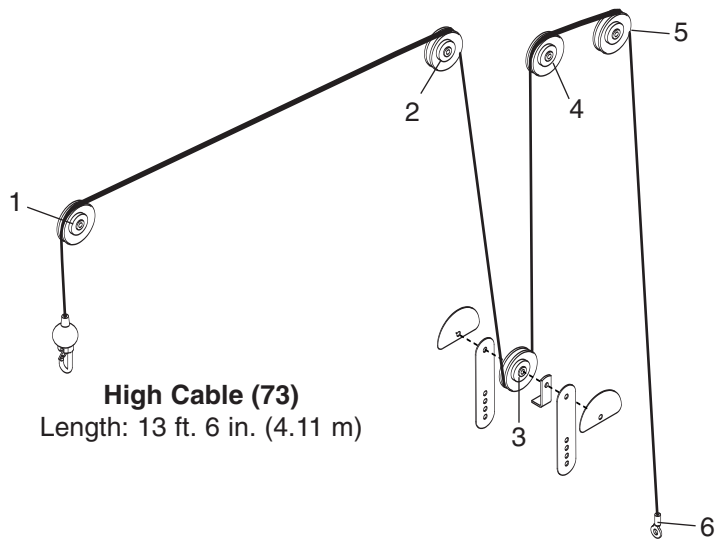
Attach the Curl Bar (112) to the Leg Lever (110) with the Curl Pin (142).



CABLE DIAGRAMS

The diagram below shows the proper routing of the cables. The numbers in each drawing show the proper routing for that cable. Use the diagram to make sure that the cables, cable traps, and pulley guards are assembled correctly. If the cables, cable traps, and pulley guards are not assembled correctly, the weight system will not function properly and damage may occur. **Make sure that the cable traps do not touch or bind the cables.**





MAINTENANCE

Make sure all parts are properly tightened each time the weight bench is used. Replace any worn parts immediately. The weight bench can be cleaned with a damp cloth and mild, non-abrasive detergent; **do not use solvents.**

TIGHTENING THE CABLES

Woven cable, the type of cable used on the weight bench, can stretch slightly when it is first used. If there is slack in the cables before resistance is felt, the cables should be tightened. Make sure that the cables are not too tight, or the weight carriage will be lifted. Slack can be removed in the following ways.

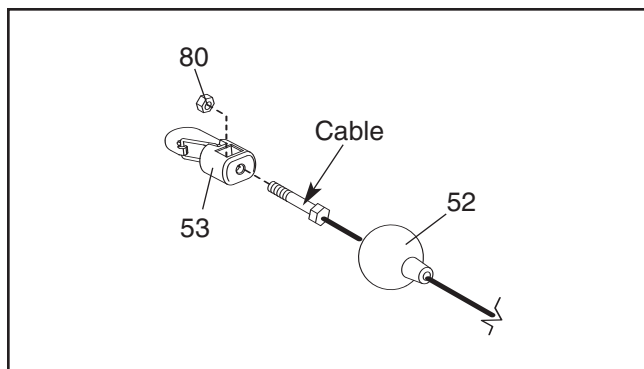
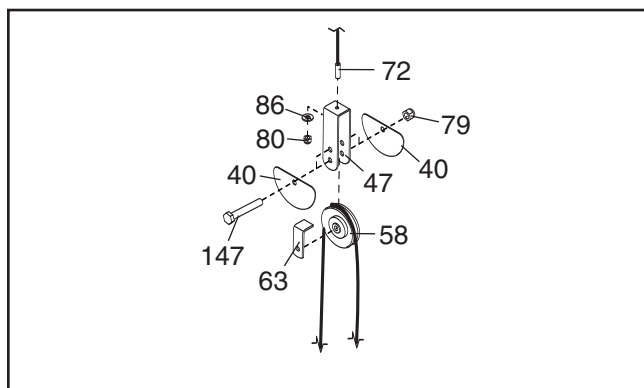
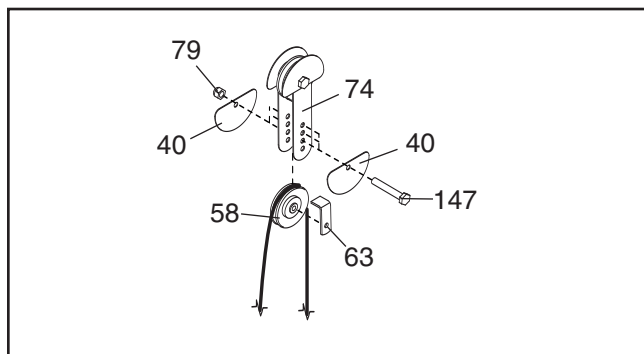
Remove the M10 x 53mm Button Bolt (147) and the M10 Nylon Locknut (79) attaching the lower 90mm Pulley (58), the Small Cable Trap (63), and the Half Finger Guards (40) to the Pulley Plates (74). Reattach the Pulley, Small Cable Trap, and Half Finger Guards to the next higher set of holes in the Pulley Plates with the Button Bolt and Nylon Locknuts. Repeat until the cables are tight.

To loosen the cables, move the 90mm Pulley (58) to a lower hole in the Pulley Plates (74).

Remove the M10 x 53mm Button Bolt (147) and the M10 Nylon Locknut (79) attaching the 90mm Pulley (58), the Small Cable Trap (63), and two Half Finger Guards (40) to a "U"-bracket (47). Reattach the Pulley, Small Cable Trap, and Half Finger Guards to the higher set of holes in the "U"-bracket with the Bolt and Nylon Locknut.

Tighten the M6 Nylon Locknut (80) and the M6 Washer (86) onto the Low Cable (72) two complete turns.

Additional slack can be removed from the cables by tightening a cable into the M6 Nylon Locknut (80) inside of a Clip (53). To do this, pull the Clip Cover (52) back and use a pair of pliers or a screwdriver to tighten the Nylon Locknut. Then, replace the Clip Cover.



Do not overtighten the cables. If a cable tends to slip off the pulleys often, the cable may have become twisted. Remove the cable and re-install it. If a cable needs to be replaced, see ORDERING REPLACEMENT PARTS on the back cover of this manual.

EXERCISE GUIDELINES

THE FOUR BASIC TYPES OF WORKOUTS

Muscle Building

To increase the size and strength of your muscles, push them close to their maximum capacity. Your muscles will continually adapt and grow as you progressively increase the intensity of your exercise. You can adjust the intensity level of an individual exercise in two ways:

- by changing the amount of resistance used
- by changing the number of repetitions or sets performed. (A “repetition” is one complete cycle of an exercise, such as one sit-up. A “set” is a series of repetitions.)

The proper amount of resistance for each exercise depends upon the individual user. You must gauge your limits and select the amount of resistance that is right for you. Begin with 3 sets of 8 repetitions for each exercise you perform. Rest for 3 minutes after each set. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of resistance.

Toning

You can tone your muscles by pushing them to a moderate percentage of their capacity. Select a moderate amount of resistance and increase the number of repetitions in each set. Complete as many sets of 15 to 20 repetitions as possible without discomfort. Rest for 1 minute after each set. Work your muscles by completing more sets rather than by using high amounts of resistance.

Weight Loss

To lose weight, use a low amount of resistance and increase the number of repetitions in each set. Exercise for 20 to 30 minutes, resting for a maximum of 30 seconds between sets.

Cross Training

Cross training is an efficient way to get a complete and well-balanced fitness program. An example of a balanced program follows:

- Plan strength training workouts on Monday, Wednesday, and Friday.
- Plan 20 to 30 minutes of aerobic exercise, such as running on a treadmill or riding on an elliptical exerciser or exercise cycle, on Tuesday and Thursday.
- Rest from both strength training and aerobic exercise for at least one full day each week to give your body time to regenerate.

The combination of strength training and aerobic exercise will reshape and strengthen your body, plus develop your heart and lungs.

PERSONALIZING YOUR EXERCISE PROGRAM

Determining the appropriate length of time for each workout, and the numbers of repetitions and sets to complete, is an individual matter. Avoid overdoing it during the first few months of your exercise program. Progress at your own pace and be sensitive to your body’s signals. If you experience pain or dizziness while exercising, stop immediately and cool down. Find out what is wrong before continuing. Remember that adequate rest and a proper diet are important factors in any exercise program.

WARMING UP

Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. Warming up prepares your body for more strenuous exercise by increasing circulation, raising your body temperature and delivering more oxygen to your muscles.

WORKING OUT

Each workout should include 6 to 10 different exercises. Select exercises for every major muscle group, emphasizing areas that you want to develop most. To give balance and variety to your workouts, vary the exercises from workout to workout.

Schedule your workouts for the time of day when your energy level is the highest. Each workout should be followed by at least one day of rest. Once you find the schedule that is right for you, stick with it.

EXERCISE FORM

Maintaining proper form is an essential part of an effective exercise program. This requires moving through the full range of motion for each exercise, and moving only the appropriate parts of the body. Exercising in an uncontrolled manner will leave you feeling exhausted. On the exercise guide accompanying this manual you will find photographs showing the correct form for several exercises, and a list of the muscles affected. See the muscle chart on the next page to find the names of the muscles.

Perform the repetitions in each set smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Proper breathing is important; exhale during the exertion stage of each repetition and inhale during the return stroke. Never hold your breath.

Rest for a short period of time after each set as follows:

- Rest for three minutes after each set for a muscle-building workout.
- Rest for one minute after each set for a toning workout.
- Rest for 30 seconds after each set for a weight loss workout.

Plan to spend the first couple of weeks familiarizing yourself with the equipment and learning the proper form for each exercise.

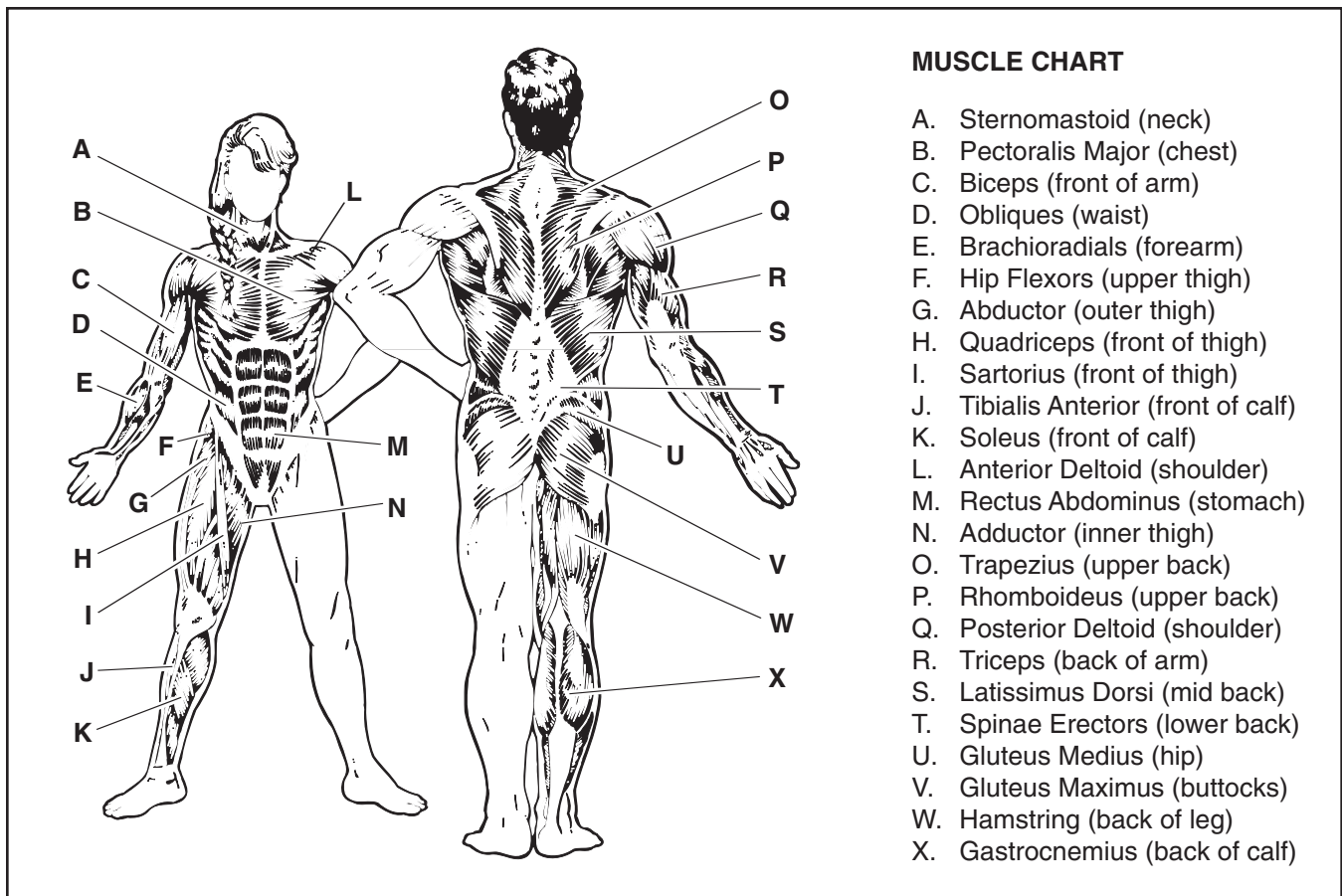
COOLING DOWN

End each workout with 5 to 10 minutes of stretching. Include stretches for both your arms and legs. Move

slowly as you stretch and do not bounce. Ease into each stretch gradually and go only as far as you can without strain. Stretching at the end of each workout is an effective way to increase flexibility.

STAYING MOTIVATED

For motivation, keep a record of each workout. List the date, the exercises performed, the resistance used, and the numbers of sets and repetitions completed. Record your weight and key body measurements at the end of every month. The key to achieving the greatest results is to make exercise a regular and enjoyable part of your everyday life.



PART LIST—Model No. GGBE6974.1

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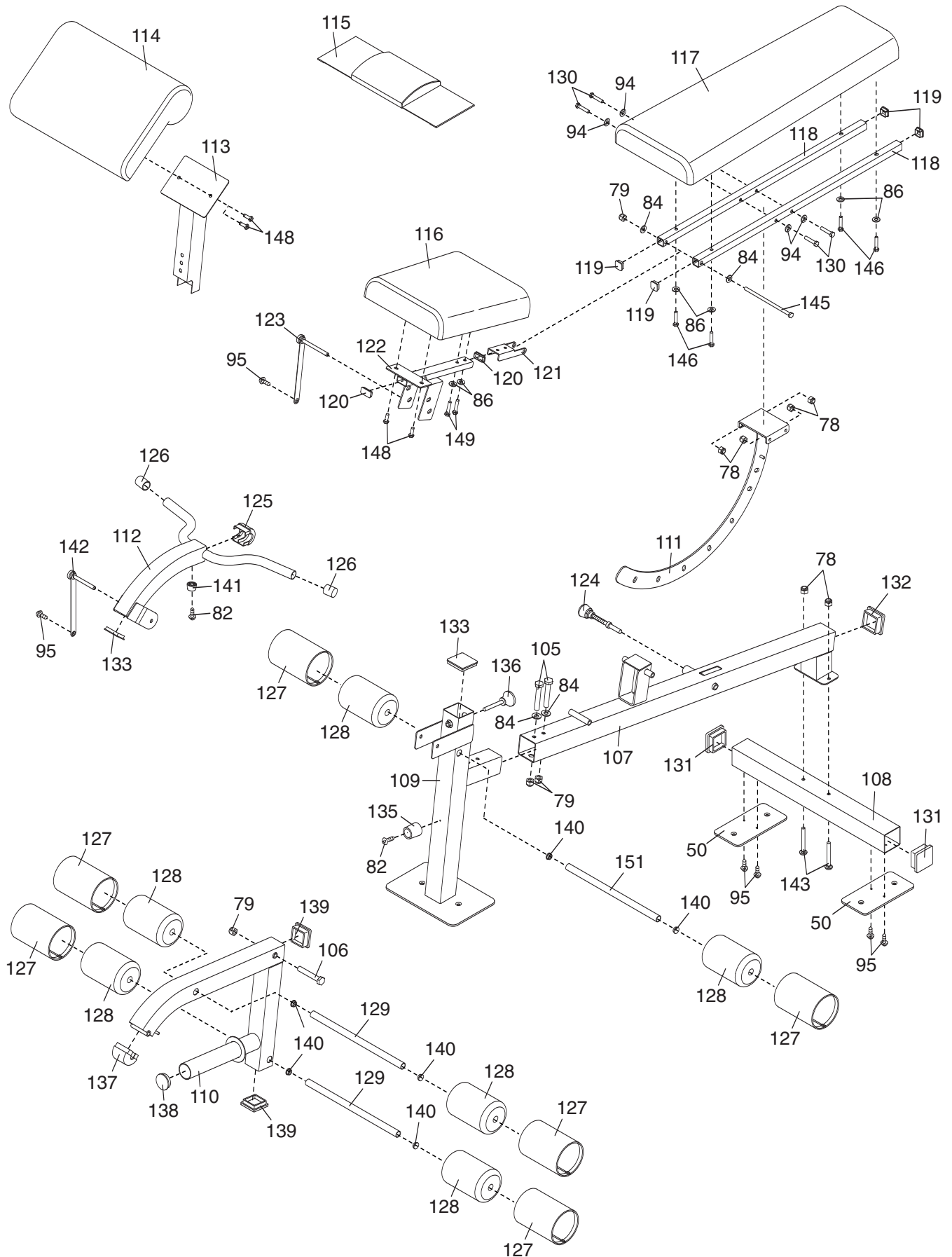
Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	Base	51	2	Large Foot Plate
2	1	Center Base	52	4	Clip Cover
3	1	Left Upright	53	4	Clip
4	1	Right Upright	54	1	Long Cable
5	2	Guide Rod	55	14	25mm Spacer
6	1	Left Support	56	4	Bearing
7	1	Right Support	57	2	Swivel Axle
8	1	Backrest Upright	58	20	90mm Pulley
9	1	Foot Plate	59	3	110mm Pulley
10	1	Left Arm	60	2	“V”-pulley
11	1	Right Arm	61	2	Large Cable Trap
12	1	Butterfly Frame	62	2	Long Cable Trap
13	2	Side Top Frame	63	5	Small Cable Trap
14	1	Center Top Frame	64	2	Carriage Guide
15	2	Support Frame	65	1	Lat Bar
16	1	Top Frame	66	4	17mm Spacer
17	1	Weight Bar	67	2	Handle
18	1	Locking Bar	68	2	Snap Ring
19	1	Right Guide	69	2	Cable Clip
20	1	Left Guide	70	2	51mm x 64mm Cap
21	2	M8 x 20mm Hex Screw	71	1	Butterfly Cable
22	2	Barbell Adapter	72	1	Low Cable
23	2	Barbell Bushing	73	1	High Cable
24	1	Left Spotter	74	2	Pulley Plate
25	1	Right Spotter	75	6	6mm Spacer
26	8	Rod Bushing	76	2	M10 Large Washer
27	6	Guide Bumper	77	4	M10 x 19mm Button Bolt
28	4	Guide Bushing	78	8	M8 Nylon Locknut
29	1	Butterfly Backrest	79	74	M10 Nylon Locknut
30	2	Arm Pad	80	5	M6 Nylon Locknut
31	4	Arm Bushing	81	1	Chain
32	2	Swivel Arm	82	14	M4 x 16mm Screw
33	2	Rod Cap	83	10	M10 x 65mm Carriage Bolt
34	2	Upright Cap	84	64	M10 Washer
35	2	Weight Rest	85	2	M8 x 19mm Shoulder Bolt
36	2	Safety Spotter	86	13	M6 Washer
37	4	Weight Bumper	87	4	M6 x 77mm Screw
38	4	48mm Round Cap	88	2	M10 x 62mm Button Bolt
39	4	Full Finger Guard	89	2	M6 x 64mm Screw
40	22	Half Finger Guard	90	10	M10 x 67mm Button Bolt
41	1	Weight Carriage	91	2	Weight Clip
42	2	Carriage Bushing	92	2	M10 x 95mm Button Bolt
43	1	Ankle Strap	93	12	M10 Split Washer
44	1	51mm Spacer	94	4	M8 Washer
45	2	24mm Spacer	95	6	M4 x 10mm Screw
46	1	Double “U”-bracket	96	3	M10 x 42mm Button Bolt
47	1	“U”-bracket	97	19	M10 x 93mm Button Bolt
48	2	Handgrip	98	6	M10 x 25mm Button Screw
49	7	51mm x 76mm Cap	99	1	M10 x 154mm Button Bolt
50	4	Small Foot Plate	100	8	M10 x 46mm Button Bolt

Key No.	Qty.	Description	Key No.	Qty.	Description
101	2	M10 x 116mm Button Bolt	129	2	Pad Tube
102	2	M10 x 76mm Button Bolt	130	4	M8 x 42mm Hex Bolt
103	4	M10 x 73mm Button Screw	131	2	64mm Square Cap
104	2	M10 x 49mm Button Bolt	132	1	64mm Thick Square Cap
105	2	M10 x 73mm Hex Bolt	133	2	50mm Square Cap
106	1	M10 x 82mm Button Bolt	134	4	Butterfly Bushing
107	1	Bench Frame	135	1	Leg Bumper
108	1	Bench Stabilizer	136	1	Curl Knob
109	1	Front Leg	137	1	Leg Lever Cap
110	1	Leg Lever	138	3	48mm Thick Round Cap
111	1	Backrest Bracket	139	2	57mm Square Cap
112	1	Curl Bar	140	6	19mm Round Cap
113	1	Curl Post	141	1	Curl Bumper
114	1	Curl Pad	142	1	Curl Pin
115	1	Backrest Pad	143	2	M8 x 76mm Carriage Bolt
116	1	Seat	144	2	M10 x 85mm Button Bolt
117	1	Backrest	145	1	M10 x 180mm Button Bolt
118	2	Backrest Frame	146	4	M6 x 38mm Screw
119	4	25mm Square Cap	147	5	M10 x 53mm Button Bolt
120	2	20mm x 40mm Cap	148	4	M6 x 16mm Screw
121	1	Seat Bracket	149	2	M6 x 35mm Screw
122	1	Seat Frame	150	2	Large Full Finger Guard
123	1	Seat Pin	151	1	Long Pad Tube
124	1	Bench Knob	*	–	User's Manual
125	1	Curl Cap	*	–	Exercise Guide
126	2	Curl Bar Cap	*	–	Grease Packet
127	6	Pad Cover	*	–	Hex Key
128	6	Foam Pad			

Note: Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts. *These parts are not illustrated.

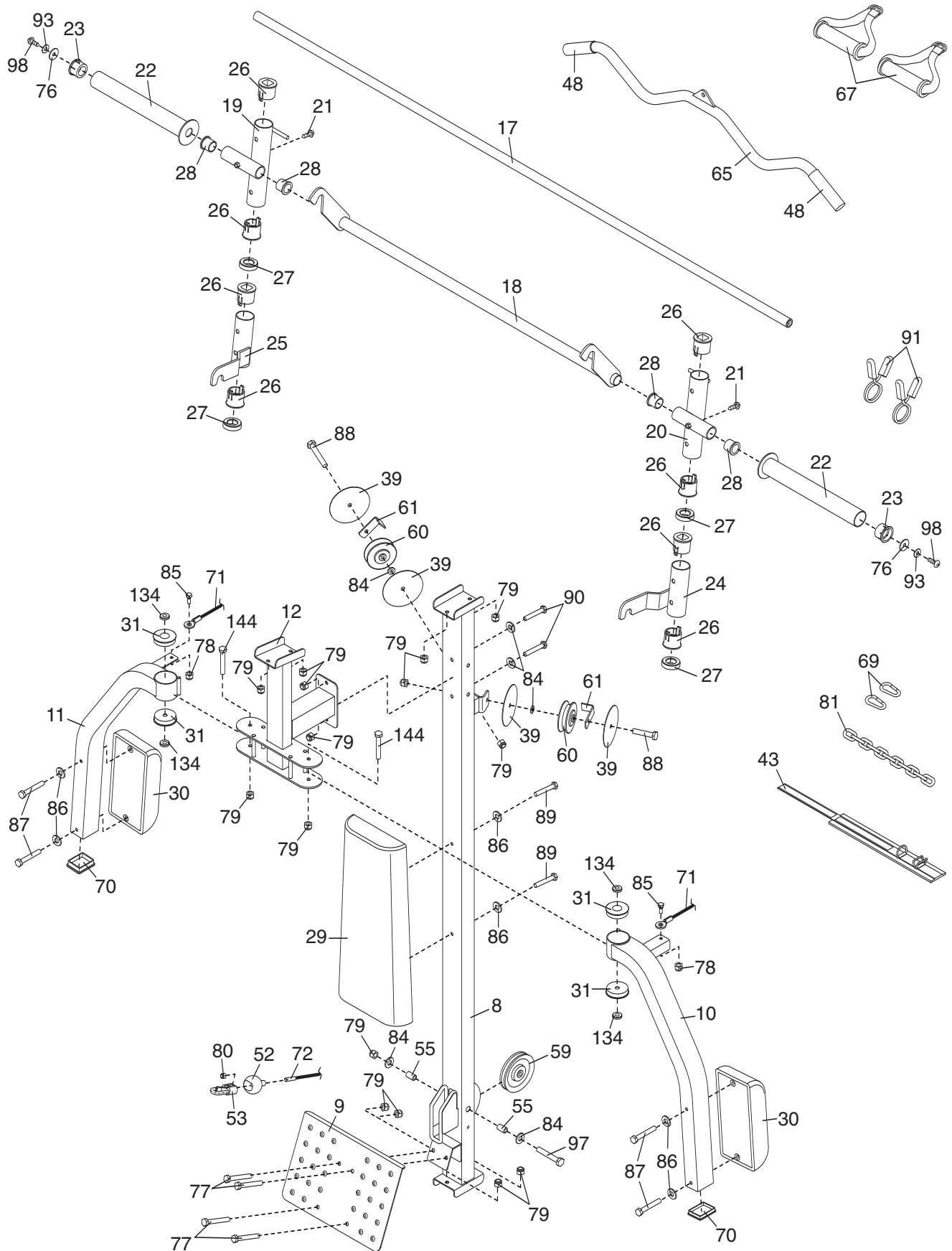
EXPLODED DRAWING A—Model No. GGBE6974.1

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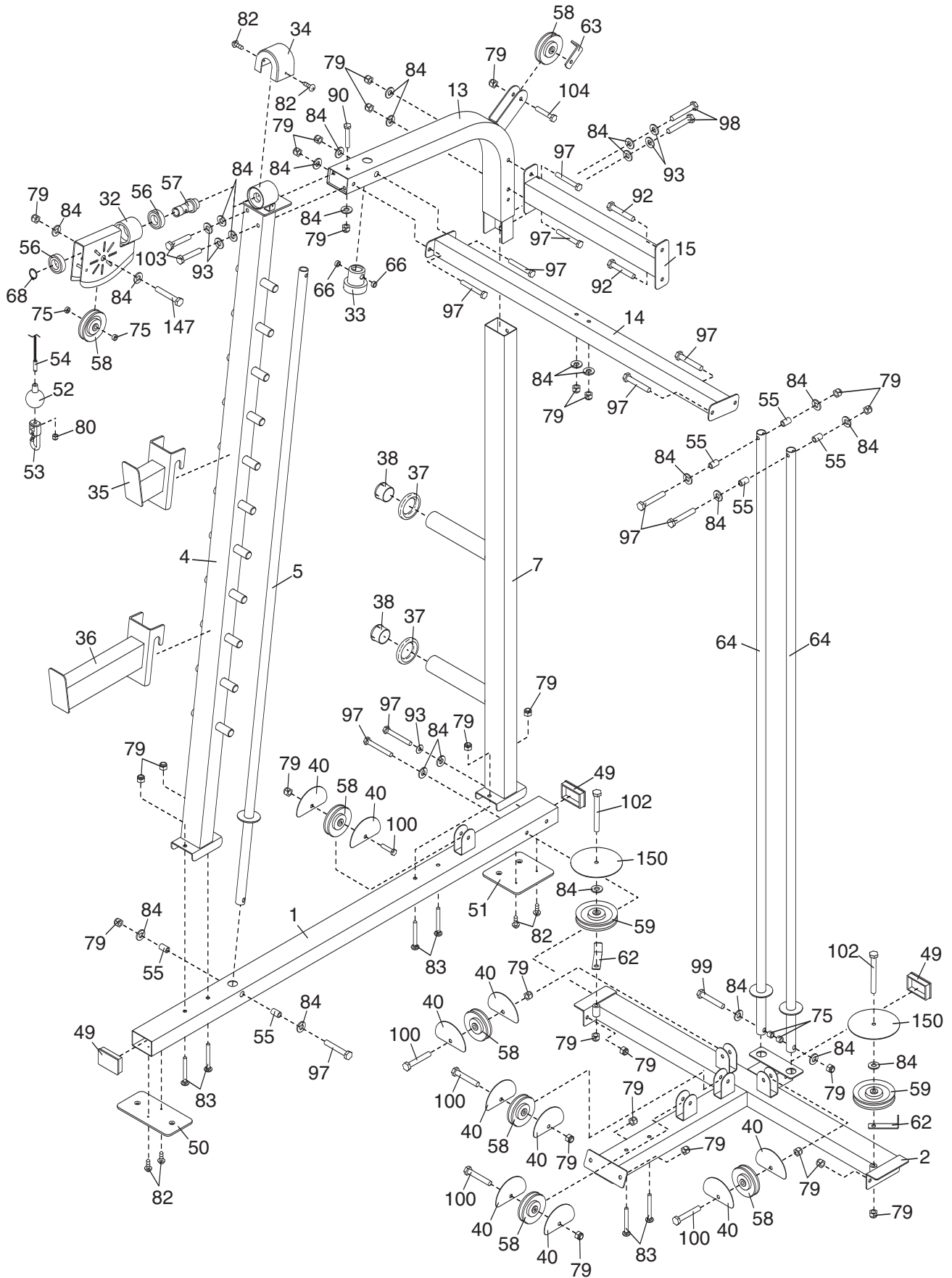
EXPLODED DRAWING B—Model No. GGBE6974.1

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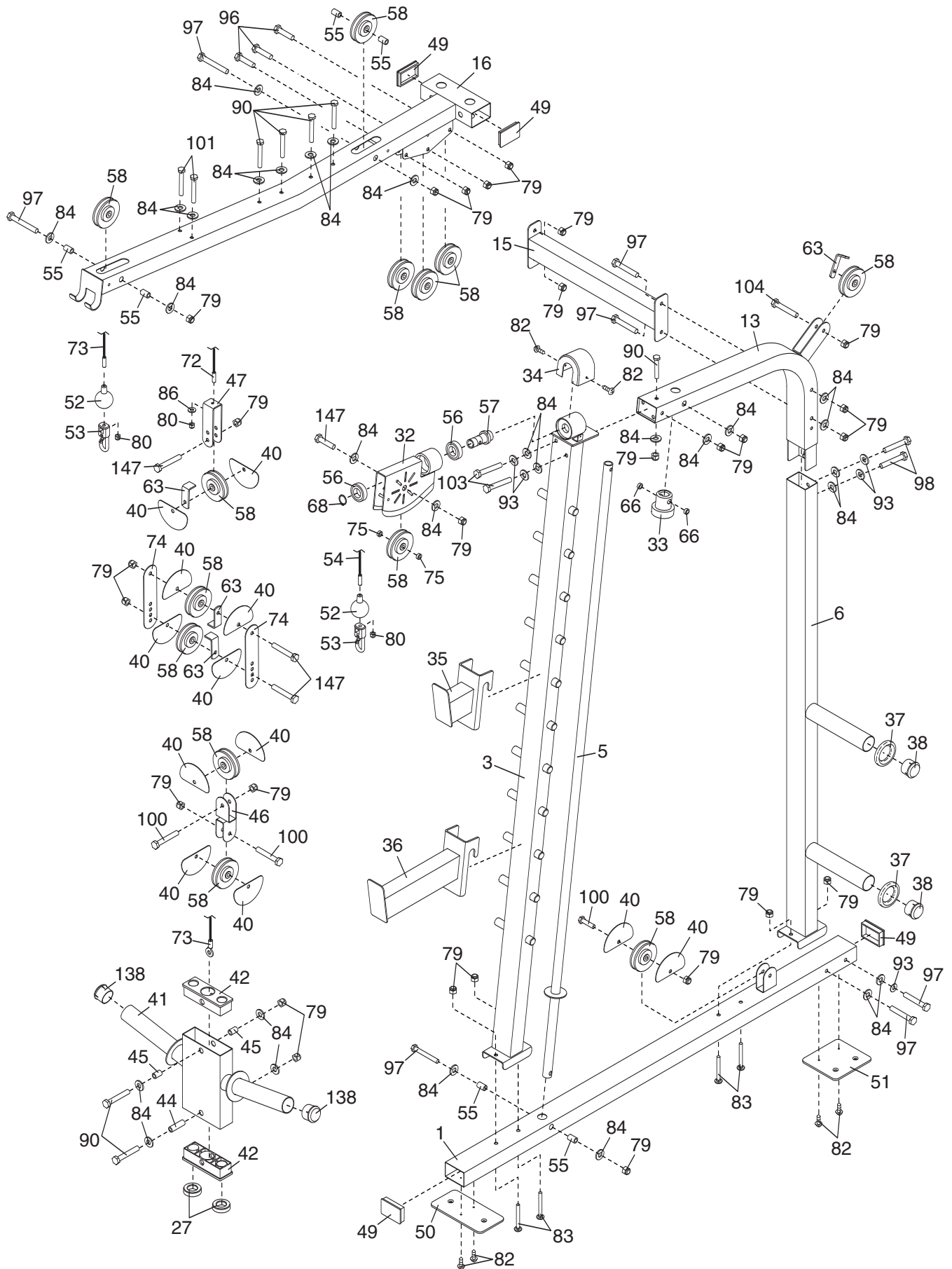
EXPLODED DRAWING C—Model No. GGBE6974.1

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EXPLODED DRAWING D—Model No. GGBE6974.1

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ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

- the model number and serial number of the product (see the front cover of the manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center; products used for commercial or rental purposes; or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal or installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

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